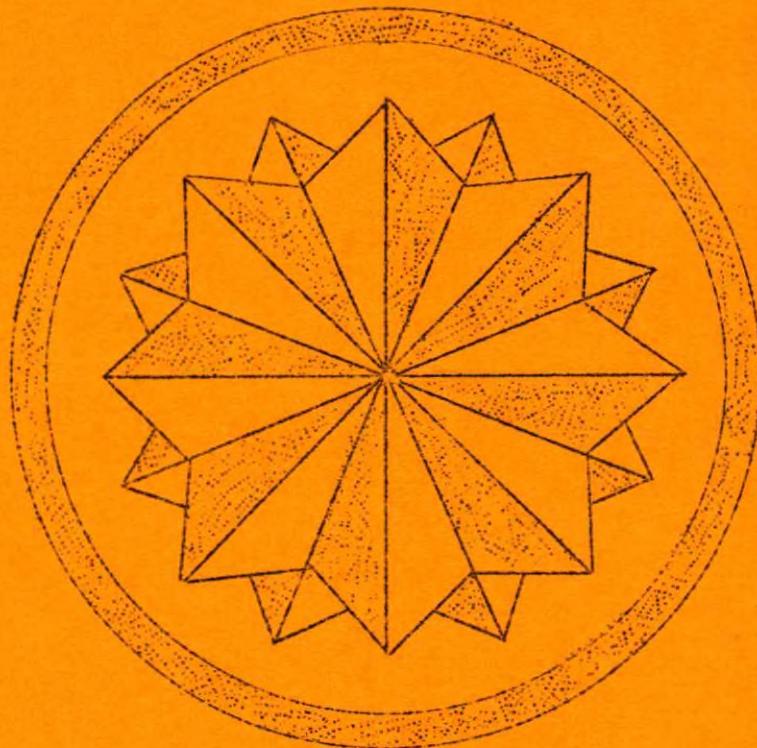


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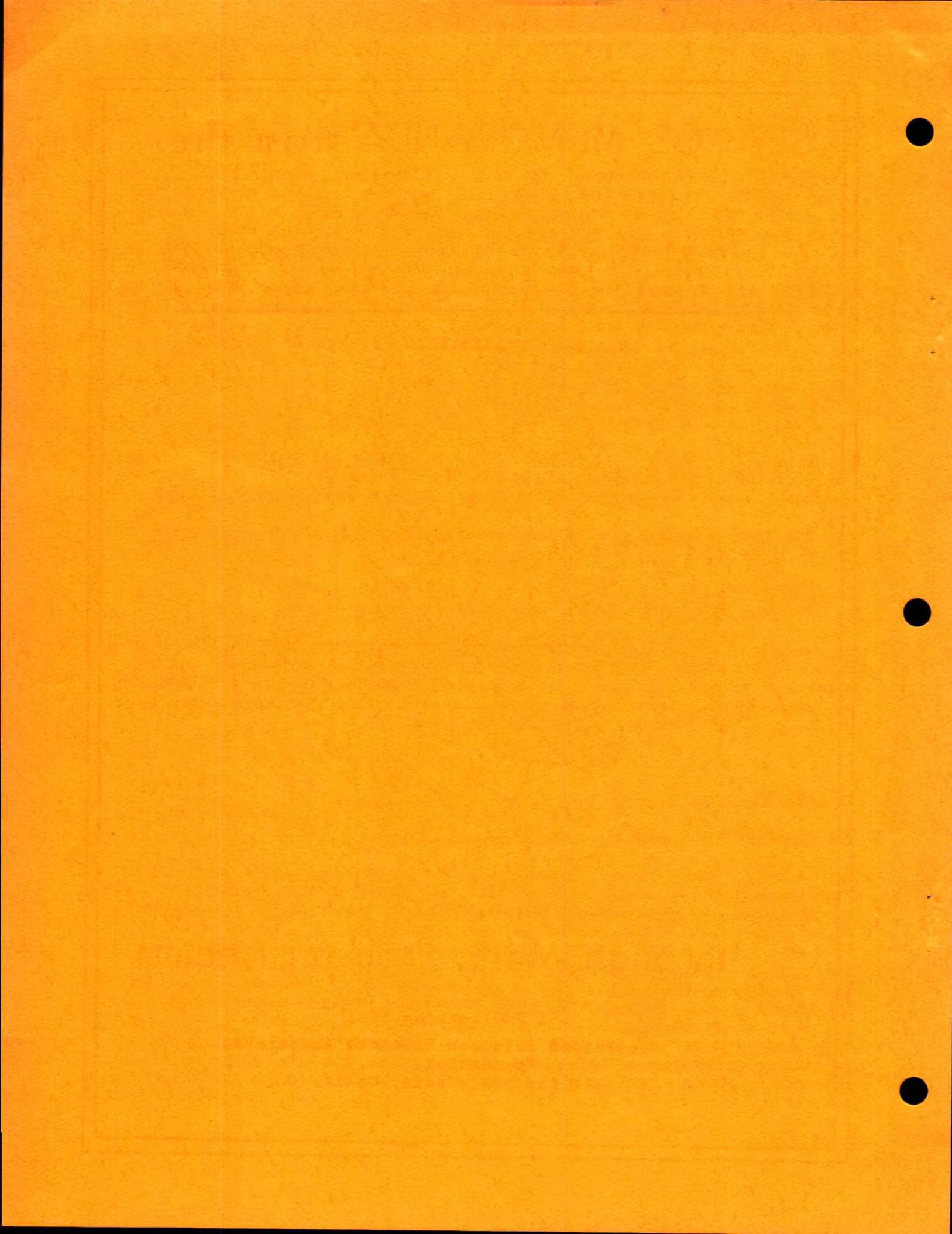
# Inner Circle

BSRA 9-D TRANSCRIPTS 21 thru 26  
tbc



through Mark Probert, medium

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TRANSCRIPT 21 -- December 23, 1952 - MARK PROBERT SEANCES ---

LO SUN YAT: Honored we are to come into your household again. It is a pleasure to get the opportunity to talk with you this evening. You have now coming on you that which is called Christmas, meaning the Christ Mass, but it is not my honor to give talk on that this evening. That will be taken up by my honorable colleague Lao-Tse. In the meantime I will speak a little on piece here. (ivory carving). It has been a long time as measured by time since I have come to these meetings. Want to say it has not been because I lack any desire to be here but because I have been busily engaged in my own country and in Japan and in India where is much work to be done. There are many Asiatics coming over into my world with no knowledge, no understanding of life whatever, and these unfortunate ones have but a short pause on the lower strata before they return to the physical world and almost always going back to the original place where they left a little while ago.

-- A little while? A matter of forty or fifty years?

LO SUN YAT: In months. It is not unusual but rather the usual thing for these who are bound to the physical life and knowing nothing only than this, they are constantly trapped by the desire world and round and round they go like mouse in cage.

-- When they go back again and are reborn in the physical body do they remember the previous life?

LO SUN YAT: No.

-- Not like some people who remember their parents or people?

LO SUN YAT: Very rarely. Mostly remember when individual is first time incarnated. Do not mistake what I say. Through reincarnation we know, but one does not reincarnate all the time. The reincarnating means coming in with knowledge, with understanding, with wisdom. This is reincarnating. Others not so. It is returning to the pleasure body but not bringing mind along.

-- May you then say re-embodiment?

LO SUN YAT: Yes.

IP: A new state of awareness?

LO SUN YAT: That is right. They go away with no awareness, come back with none. They learn little by little and this little is stored in what you today call the subconscious. It is the subconscious self that is gathering the learning and in due course of time then have what you call incarnation into wisdom - wake up - eyes open - brain open. Some teachers go so far as to make statement more of reincarnating one has in this way. Not too long ago my honorable colleague the Yada made statement - said it is 66 such reincarnations. Not like embodiment but reincarnation. Making numbers like this makes neophyte wonder why 66 - why not 33 or 22 or something of the same. But there is a particular law that governs this that would take me too long to go into. But you will find in your studies of life among many other things that numbers may be classified as mystical - they have inner meaning - that is what is meant by mystical - inner meaning. Notice too, if you have not already - that all things are in triune. We have this triune

state throughout what is called spirit life as well as physical chemical life.

FO: The 66 - when the 6 and 6 are together they make 12 which is a triune also.

LO SUN YAT: Yes, and so these numbers have a mystical meaning, and when we come to understand -- That which is called numerology today - you do not understand that - you do not understand astrology - you have milk-wash --

FO: It is too commercialized -

LO SUN YAT: That is so. But it is this way - people in power after more power, so man what is called layman is left without much chance for learning except that he seek, and then he learn.

-- Aren't there any books that are authentic?

LO SUN YAT: Yes, but so little is known and that which is known, the inner teachings, the inner truths, is known by only a special few and the teachings handed down from mouth to mouth - or mouth to ear.

-- Is that the White Brotherhood?

LO SUN YAT: What brotherhood?

-- A secret sect known as the White Brotherhood - are they considered to be good in their line, or are they a commercial outfit?

LO SUN YAT: All mankind belongs to the white brotherhood - but the inner teachings- the inner mysteries - that have the ability to live on other planes - living among the sleepers - are their brothers trying to awaken them so that they too shall see and are consciously aware of their own divinity - then they are what is called the inner teachings. Now as for group in Colorado, this I cannot speak for because nothing to say. There are many such groups all over the world - each one in his own particular degree of understanding.

-- I mean would they be good ones to contact for learning?

LO SUN YAT: Is depending entirely upon what one is looking for - upon your own degree of understanding. You may go there and perhaps get nothing - another may go and feel they have received the very essence of the light. Man in his quest for understanding of life seems to seek in the strangest places. But there are no strange places - that which is called truth is everywhere, from the lowly peasants or coolies to the most highly cultured teacher who has had to find a headway atop some great mountain, so sensitive to physical life has he become, and he has had to escape from pressure to exist for awhile longer in the physical body - so let us not in our seeking turn our eyes away from that which seems the most low, most humble of places, for only in this way are we truly going to learn. True, one may become a great master in this particular expression of his consciousness and pass out of the physical body and return again perhaps many thousands of years later entirely ignorant of his former great thinking. Perhaps being born into the most poverty-stricken hovel one can imagine - become slave to someone both mentally and physically. And we cannot judge - we are in no position to point a finger at any one in any way for it may be ourselves we are pointing at. -- No different looking at this object with the many spheres inside - inside- inside -

-you sitting here must know the meaning of this as a symbol.

-- No, I do not.

LO SUN YAT: This is representing that which is called consciousness within consciousness -within consciousness.

-- Endless?

LO SUN YAT: Endless - endless. For that - this is called model - cannot be divided until one finds its homogenous parts. Consciousness is what? For it is out of this consciousness that all matter comes. Ball within ball - coming out and going in - it is sometimes called the breath of Brahma - the expanding and contracting - the flow and ebb - you have the same existing conditions in your many island universes - in which you are going through the change called the red shift where all these island universes are moving at great speed away from each other - this is on gigantic scale and in the course of time will become in balance again and all the island universes will come back together. The breath of Brahma -that which is called in your way of thinking the life - the death act - is the going and coming of consciousness from one plane or state of awareness to another - in each one of these things that which is called the "I" or self is gathering experience- but the secret that many do not know is that this "I" itself is creating this dream -all of it - and then projecting it out - for wherever there is an in an out and where an out an in. We go through wakeful state to what is called sleep, and in order to be asleep we must first be awake - and in order to be awake we must be asleep - which is first - like which is first - the egg or the chicken. But we must know the egg is first for all things come out of that which is called the egg form.

LO SUN YAT: All things come into being by spiral lines of force - all energy gathering to a center - in this center is creating tremendous heat - spreading out-and in spreading out great lines of motion. How wonderful is existence - but because we are lost in this great dark jungle of materialism we are led by others to believe that this is all of it - that that which is called life and consciousness is due only to reaction of chemicals. It cannot be so, for it is life and consciousness out of which these chemicals come. Your great scientific men in the field of astronomy are making great wrinkles in the face over where they and matter come from to build the worlds. They are saying that some - what you call primordial matter in gaseous form or what is sometimes called dust - created that which you call your bodies in space. Others claim sun exploded and created other bodies called planets - but this is not saying where matter comes from. All I can say to you that it did not come from but always existed, but existed in other dimensions of what you call time or motion, and in changing its rate of motion it moves into different dimensions of time such as you call your three-dimensional world.

I do not ask that you accept these thoughts. You know we must seek for ourselves, getting here and there that which we think will lead us to a better way of understanding. Like the bee from the flower gathering honey. Not one of us can stay with one teacher and learn very much. In the ultimate of things we are our own authority and master and we shall never attain conscious awareness of our own divinity until we assert ourselves as masters within. I am it. I have sought long enough out here. I have used reason and logic. I have used various isms and philosophies. Now I must find me a little room or cave to go to each day for hour and sit in judgment upon myself, keep shut the mouth, open the ears, both

inner and outer, and wait. That which is called the voice of the silence will speak to you, and that which you hear you shall never be able to tell another for it is of your own Godness - Divinity - or whatever you are to call it. Each one of us are worlds in ourselves. This we have come to know. We have created our worlds. Only we come to understand it fully so we must not feel offended or alarmed or in any way concerned when another seems to reject our thoughts of life, but permit him to go, and permit him the right to find himself and his mastership. A true master does not admit that he is master of any but himself.

-- And our knowledge is only right for this moment for only then can we live enough for our path to grow greater.

-- It has been marvelous to hear you.

LO SUN YAT: It is most honored that I am to accept your kind words and say only that proof in what you say will lie in your acts and only you will know, not I.

In my acceptance it gives my mind a great lift. I have accomplished another step along the path when I find another that follows my thoughts.

-- How far off from the truth are the teachings of numerology by Seton or Pedifer?

LO SUN YAT: Only can say this - due to conditions of your civilization these individuals like all of us that are caught in this particular time environment, cannot be advanced very far along the way in any one thing but have pieces of truth, like myself, I can only give you a piece of truth in any one thing I speak about. Life is like great puzzle having many parts and each one of us is here to solve the puzzle. We must look through the vast pile of pieces to find each piece of the puzzle to have the whole picture. So each time we go away and come back we are finding pieces of the puzzle. So do not be concerned if you feel that perhaps in former life you were not great person. Perhaps it would be better if you found you were very low person in former life and give you chance to be greater person now, and if you have no knowledge it would be nice to assume you were great being - very great build for the ego. Sometimes to brag to yourself of your own greatness -not outside but to yourself - great being am I - most divine being am I - king not only of earth but of all existence. CAN you not see what this would do? This would make you big for it would make you build yourself into greater character.

-- In truth you are great?

-- Without faith we have nothing?

LO SUN YAT: One only has to be conscious of greatness - make sweat of brow and also make pain in heart, but let me ask you, suppose these things came easily to us, we would become soggy of soul and we would not like that.

-- I would like to ask you about the carving of this ball you call the consciousness within the consciousness - that is one piece of ivory and carved that way - are the people who carved this aware of what they represent?

LO SUN YAT: Yes. Can you imagine making this intricate thing - this art of continued concentration brings such state of concentration that the mind becomes lost -and the man himself is not aware of it.

-- Can you tell me what the carvings are on the surface? This dragon?

LO SUN YAT: It symbolizes the body and energies - representing same thing as that which you have in Western world - the great life forces that live at the base of the spine- and that represents the tree from which the serpent came to tempt Eve and she is the final part of the whole - is act of tempting or commanding him or her or it to relinquish - to go through the crucifixion and renounce the physical

life - the story which you have in your holy Christian Bible.

-- I am very interested - I am a psychologist. The working of the mind of man - that which man does. Is that clear?

LO SUN YAT: Yes and no. I do not know, I cannot state in words how many experiences I have been through. In what is called my existence in various bodies down through what you call years - time. I have not yet found a concrete answer for what I do or do not do and I have had many tell me why I do this or that, in fact many know but I do not. It is most distressing - much like wife having baby - everybody knows before she does.

-- Do I assume that you mean you do not understand why you do these things? You have not the experience or knowledge of what motivates the things you do?

LO SUN YAT: Oh, yes. But not sure of the thing that motivates. You see this act appears to be the motivation for my doing this act but perhaps I can take this act and trace it back - not only to time of baby, but many life-times beyond. That is what makes it so confusing for me, but if you have one life only - you can do much good for people. You know mind seems to tell much by action of body, but actually it may not be expressing or causing the body to express one particular thought but a series, until one particular thought was brought into the action. Man is most mysterious creature of all creatures on the earth. We talk about mind. We talk about consciousness. We talk about life force. We talk about glandular system - nerve system - what are these things? Let us go to the most abstract of these - a something called the mind - what is the nature of mind? Now I do not wish to appear at all with knowledge for I have no knowledge, I have that which praises my ego - this great knowledge - but I do not know what knowledge is - you understand? In your field of study I am perhaps making myself great donkey - do not wish to do so - all I seek is to gather that which I know not - knowledge - and so like fool must ask to learn. All of us are in degree a fool. But what is mind - is it something apart from the body? Is consciousness anything apart from the body or is it due to reaction - chemistry - this stack of chemistry. One is brought before psychologic or psychotic being - obsession case - but they are not referred to as discarnate being but schizophrenic or split personality. If this is true that the personality can split it must be made up of parts. To me and to all of you there is no such thing as an individual personality - would you say there is?

-- Yes, I believe there is to a great extent. I think you are getting into deep water. As individuals we must have individual thought in order to direct the motives of our bodies.

LO SUN YAT: Yes - but permit me - often it is said fools walk where angels fear to tread - for time being I shall trespass on your territory. Infant coming to world comes into particular environment. Before he makes birth into physical world can this which I called truth a little while ago be personality yet?

-- In suspended animation or thought?

-- Potential?

Dr. L.: That which existed and yet does not exist -

LO SUN YAT: Here we are born - now we are here - so first thing we come in contact with is mother - as a rule. In this contact we absorb a part of her personality.

That is a point for argument.

LO SUN YAT: Good. I like argument. Let us assume that child absorbs certain amount of mother's personality by contact and guidance.

-- How far along have we gone with this child?

LO SUN YAT: Let us say from birth until child begins to absorb more out here -

-- Child in baby stage - infant stage?

LO SUN YAT: Has not looked beyond here - yes? Now child begins to find toes and hands - there is personality in toes and hands. So child absorbs some from this. Very often hears little men - has hallucinations - sees toes and hands in front of him.

-- that was a registration made and recalled?

LO SUN YAT: Now as time goes on he comes in contact with father and various teachers and other little personalities like himself. From each of these something is being attached to him. He admires or detests the actions of this or that one or this or that color - all of these things are building his personality. It is on this that I assume that man is not a single personality but a composite of all he comes in contact with in the physical world.

-- That is right.

LO SUN YAT: I am always with you. We are never alone. Again, the individual is affected by what is called the race mind. Perhaps due to certain mixing together of chromosomes and genes will cause that one to act with some characteristic of someone back in the families - may suddenly become criminal and people will say how amazing - he has always been good and philosophical man and now he has committed this atrocious crime - all because man does not like to assume responsibility for his acts - he has chromosomes and genes and Jesus and all the other teachers to blame his faults on. This takes great load off his back. We know these substances have great effect upon the individual but there will come a time in each of us when we realizing our mastery will control the action or reaction of these chemical substances. This is the center of all knowledge - this is the heaven - this is the fount of wisdom. Your mental institutions are packed to capacity - even those like yourself who are sincerely seeking some answer so that these many will find release from confinement so inadequate for the times, for the condition of your world is such that the world itself can be classed as a vast psycho ward - your society is making insaneness by its so-called laws it forces upon the individual to subdue his natural instincts - to say nothing of his unnatural instincts. The greater majority of people in your field of psychology - psychiatry - would look upon the boy (i.e., the medium) as I use his body as a schizophrenic case - saying to themselves there is no such condition as life after the physical body goes into the state called death. This is a part of the boy's mind. It is the subconscious reaction to some great want in his earlier life - perhaps he was neglected by his mother and father and is now seeking some kind of dubious glory. Perhaps I am but a split personality - perhaps I am a split of the boy - but you know in that which is called orthodoxy-religion - teachings - I am a spirit too, and in the East Indian teachings I am a shell - I am a recording machine - I can only repeat what Lo Sun Yat knew - but it has flown on the death of the body to a restful state called Nirvana. Things are so that everybody knows what I am but me. You like a whipping boy to save you from your own acts.

-- Do you feel that that was the attitude I had toward you?

LO SUN YAT: No. You have mind that is seeking to know, and you will leave no stone unturned. Though you may appear on the surface on the ridiculous side you seem to know that that ridiculous appearance is a stone and after you look underneath it or behind it there may be a piece of truth.

-- That is right.

LO SUN YAT: I want you to say if you feel that that which I say is without logic or reason; for even spirit man must learn and we have only mankind to learn from. Let us help one another, sit down and talk, you tell me your thoughts and I tell you mine. I do not care what you think my interest is in finding out why you think it. What you think does not matter, but why is what is important.

#### CHANGE OF CONTROL

YADA DI SHI'ITE: There seem to be many people tonight.

-- Yes, I have felt it too.

YADA: They are coming for two reasons, some to steal your energy of you in the physical body and others to give to you protection from these thieves of energy. Some come to learn, others to escape, like you.

YADA: Yes, for they do not believe they are dead. And they do not believe it because they are not.

I.P: A man here this morning said he came here frequently. He spoke a Latin language not known today. He lived near Rome, but it was not Rome then.

-- What was his name?

I.P: Lomeno. He had only one name. He said he acquired a given name when he was an adult. He entered a contest and the winner won from the loser his name as a given name.

YADA: Too much talk of now -- will talk of this at another time. (He tells of his childhood in YU in the Himalayas.) After weaning period from my mother I was taken by the priests into the temple under the care of a woman for a time. After seven years such children as myself that were chosen for the temples to become priests, we were permitted to do exactly as we wanted. If we worked up great rage we were permitted to until we became exhausted.

-- But you were confined to a compound?

YADA: Yes. But this personality that comes into the physical world is given a chance to become individual personality before he was affected by those around him. Then after the seven years period disciplinary measures began and each year these grew greater and greater. Today you have nothing of this kind. Your children are permitted to go in a wild and indifferent way with no guidance or suggestion of any value until it is too late. We must all have our experience in life whatever the nature. We can only do so much for one another -- it makes no difference -- we cannot go through life holding their hands. While a child is born of you, he does not belong to you. You do not own him.

He is a distinct

personality - a distinct soul - a distinct entity - he will have experience whether you do anything about it or not. Dr. Layne, you have something to say to me?

Dr. L.: No, I think not, thank you. Sometimes I have questions but I do not know that they are relevant.

YADA: I wonder what is relevant and what is not. The beauty of life is that it is so unpredictable - so uncertain. If it were more certain more of us would be running away from home and from everything else. If in truth in the inner self we are all seeking escape - escape from pain and pressure. But there again there are the flies in the ointment. For we do not know whether there is an over-all pleasure as such or an over-all pain as such. What I am fleeing from called pain a - nother is fleeing right into the arms of as pleasure - so what can I say? 500,000 years of consciousness have not given me any superiority over you. The more we give in our lives the more we have coming back, for it is the law physically, mentally, spiritually, and all the other 'lys you can think of. Cannot go out without getting that which you give back. Now it may seem sometimes that this is not so. It may appear that very good people - what the lay mind calls good people - are doing many times more good than they are getting back. Often it seems these individuals go right down to death in the most terrible way and we ponder this. What justice is there in this world that such can happen? But if we stop a little while and think - my act of today appears to another as a good act - therefore in his eyes I am a kind soul but I have other acts going on too and they are unknown to him - he cannot see these - they are not manifested, yet they are. And some of these can be classified as very low, very immoral or unmoral or even criminal, and are mixed up with other thoughts that are saintly - beautiful - beyond any that have shown yet. But according to the necessity of the soul -the mind- the entity that is seeking wisdom, understanding, and because through experience the body will have to portray these acts. Then the same one who once thought me such a saintly, beautiful being will say "Poor Yada, he has sunk into the mire, the filth of life" - or perhaps they will say "He has pretended to be such a fine fellow - he was making surface acts to deceive me" - but do we know this of one another? Are we sure that someone is deceiving us, or actually doing what they are doing? For no other motive than what appears to the eye? How do we know? Let us withhold our judgment. Let us approach life with as much detachment as we can muster so that we become like sitting in "movie", like I do with the boy. You go and watch these on screen and you become so in rapport with the character you will go through all the things with these ones -the entire emotion. Then we leave these movies and come out into the daylight and into what we call reality and we do the same thing. We see car strike man, knock him down, man in great suffering. Individual seeing this throws his mind in same position and suffers same pain - inability to control - I do not mean to shut it off - this is not control, this is denial. But use your emotion gently - conservatively; when you want to get a real glorious feeling then you may expend your energies and use them with great force, but you cannot do this if you expend your energies in non-healthful, non-constructive things. But think of this - only you know what is constructive - the inner you knows - perhaps the outer you does not know and so suffers over things that will do it no good. In all fairness to you I do not bring you happiness but certain words I utter out of boy's mouth-appeal to you. Put in words your way of thinking- fits in with your pre-conceived thoughts of life -for you too are a creator, so you become brighter, what you call happier, by your acceptance, and that is right.

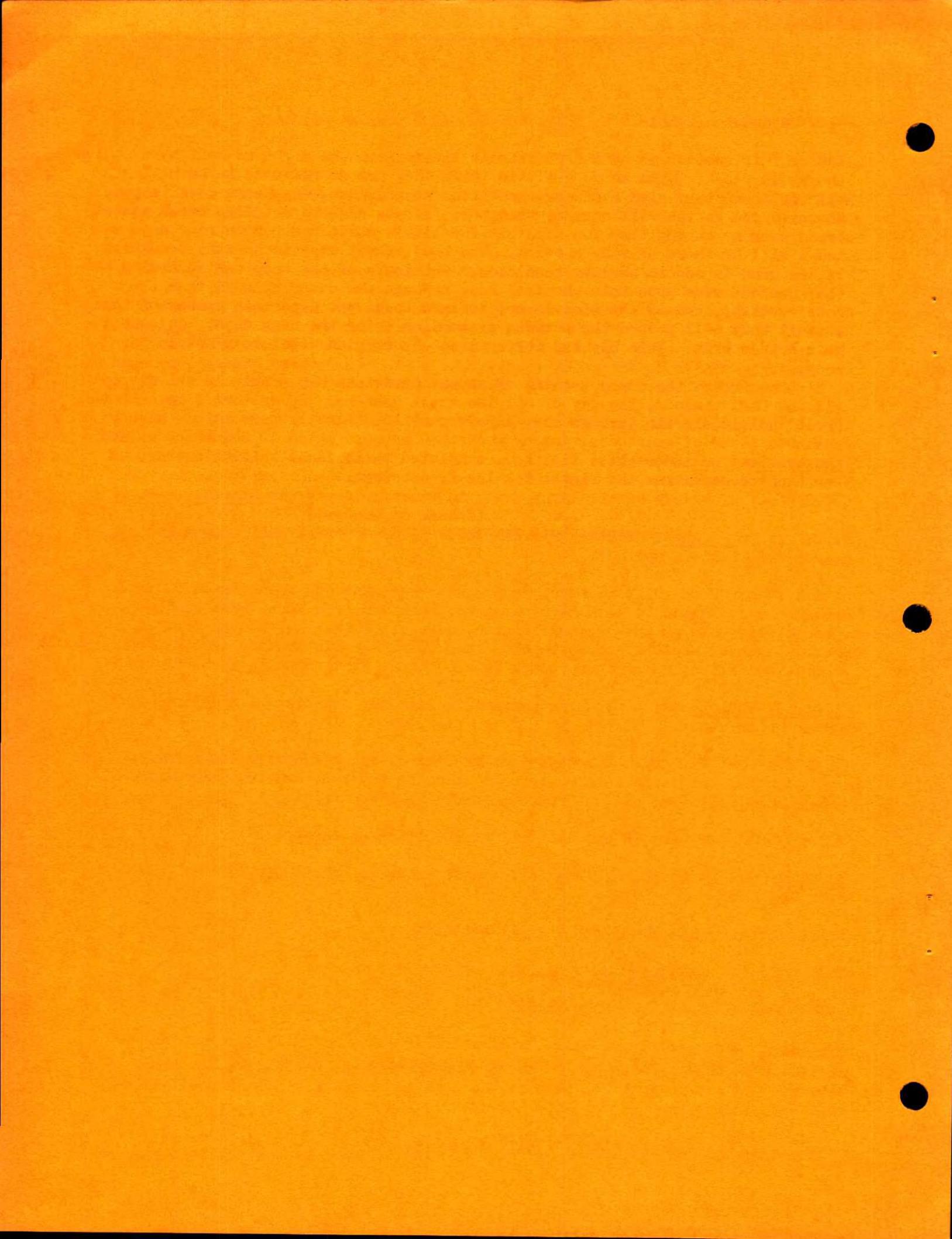
-- You are too humble.

YADA: This reminds me of man who steals little lamb -he might as well have stolen the whole flock. When we do a little thing they are so relieved to have lost this pressure they give much more gratitude than is due. My heart goes to you, wherever you go you will have my thoughts. If you wish to actually break mental bread with me at any time you will sit for little while and concentrate upon me and I will be there at your service. The body cannot stay in healthy condition if the mind is not in healthy condition. Chemicals of the body act according to the demands made upon this chemical body through the outer stimuli that the body receives, and if the mind is not trained to accept a certain number of these stimuli they will poison the nervous system and bring the body down. It cannot help but do this. This boy has strong mind - good mind - but body not in harmony.

Soon comes the day you think of as the Christmas Day - this is the day of all the Christ minds, the day of all the great masters. By masters I mean those great individuals who through many life experiences finally came into a highly advanced state of awareness, and by a certain process which is sometimes called the mystical presence have finished, completed their final initiation here on earth which gave them the right of being free beings.

(Change of Control)

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TRANSCRIPT 22 - Mark Probert Seances.

931 - 26th Avenue, San Diego, California. -- 9 persons present.

3:20 P.M.- Control came and left without speaking.

3:38 P.M.- (Speaking in a foreign tongue - Chinese or Hindustani?) - and going through dance motions with hands, similar to sacred dance of prayer or invocation of former Controls.)

M.L.: Good afternoon - you are welcome here. You have been here before?

Control: Yes, it is good to be back again with you. You read much of that which was written long time ago (M.L. had been reading aloud from the Tao-Te-Ching.) These teachings to my people the writings of Lao-Tse, and Buddha, is work of two great teachers. No one teacher say that. It is all from the great God, handed down to the Masters, and from the Masters to the student.

M.L.: Do you care to give us your name?

Tu Chang Teh Ying: (phonetic) It is not Lao-Tse -- no, only a part, but not his. Much given to him from great God-Force; to others too. Your great master, the Christ, also knew of all that. Today is your Easter -- why Easter?

M.L.: From Astarte, goddess of fertility. H.E.: Or the Anglo-Saxon Eastre, goddess of light or spring?

All races of man have masters. Each master went through crucifixion. (Q.: All would go up to heaven?) -- No - rise up to great God. You know, when you become adepti, then go through crucifixion; have big gathering, bed in form of a cross. Advanced Master when he reaches that stage, go lie down on crucifixion couch; meditation; all gather round. This is great final step in Brotherhood.

(Control Tu Chang again spoke in the foreign tongue, chanting, and making dance motions with hands.)

Tu Chang: Master stands over couch, makes passes, makes mantrams; then man on couch he goes out -- as told by teacher standing there -- out into the planetary. Trial is, if he die, he not come back; he loses trial.

M.L.: Is it the same in all initiations in different countries?

Tu Chang: Yes -- China, India -- all secret orders of White Brotherhood all over the world.

M.L.: Is the White Brotherhood still active?

Tu Chang: Yes, active -- must be. Bac for man if not.

V.B.: Where are their headquarters?

Tu Chang: Some centers of White Brotherhood in all places. Only comes time -- at Easter -- that day all not be in great gathering, in meditation, go there too. Masters that cannot go, stay in the country where they are in meditation-into the silence (and go out into the astral).

M.L.: They have big meetings? A.: Yes, big.

Tu Chang: Man scared of dying. Dying is only door back to Self. I go -- someone come. (3:52 P.M.)

4:00 P.M. Lao-Tse: How do you do? You have new, new, new, new people. (Introductions.) I am happy and honored to meet you all. I listened to one of the many priests or monks or pupils that spoke to you this afternoon. (M.L.: Is he a monk?) He is still a pupil. I am still a pupil. Life is far too vast to make any such claims as being a master of life. The things to learn are endless. Don't think for a moment that because a man or a woman reaches what you believe to be a high stage of intelligence in the line of occultism or the teachings of the inner workings of life that he is necessarily a master or considers himself such. Sometimes -- like in all fields of endeavor -- the pupil, on learning so many things that seem amazing to him, becomes blind for the time being to his own real greatness. This gains him nothing, and holds him back. But time being endless, it does not matter to any great degree.

M.L.: In our occult orders, pupils are specially warned against spiritual pride.

Yes, I know -- but I think you know too that some of the things learned by the pupil sometimes are a little too much for him. This is inclined to dazzle some, in spite of the warning, and even against their own wish.

Man has come only a short way. He has yet an endless way to go.

M.L.: Did you hear me reading the Tao Te Ching?

Lao-Tse: Yes, I did.

M.L.: Would you care to translate the title for us?

Lao-Tse: What is the matter with the present one you have?

M.L.: But we have so many different ones.

Lao-Tse: It could be. That's as good as any. You could also call it "The Book of Self-Realization" -- would be just as well.

M.L.: That would be better, I think.

LAO-TSE: It is one of my beliefs, and for a time I carried it out -- that titles and labels to things -- even to persons -- have a way of confusing the issues and making the content of the book, as well as the personality of the individual, mixed up.

M.L.: One of the questions of our contemporaries -- your connection with the compilation of this book. Do you care to comment on this?

Lao-Tse: It has been long in your years since I had the small part in it to write a little. It is said that I wrote and departed, but as much as is written, you can see that it would not be possible for me to write all of that alone.

M.L.: The book is a small one. The legend goes that you dictated some 60,000 words before departing on a black ox; is that only legend?

Lao-Tse: Yes, it is. Some of my -- what you would call today my "fans" -- in their enthusiasm, gathered together some of what I said, adding here and there what they said -- that is human nature. One who understands something of life

doesn't tarry to write so many words. He leaves that labor to the pupils.

M.L.: Is there any one person to whom this work can be attributed?

-- No, much of this was obtained in meditation -- a little by me and by others. Had the words of your master, Christ, been truly kept and given out in the proper manner, the world would today be what the world has been looking for, for so many centuries -- paradise. Instead, the very ones that the Christ drove from the church took the words and changed them about to suit themselves, and presented it to the people.

K.T.: Intentionally changed them?

-- Yes. They found they could not destroy him, so they set about to falsify his words, thereby to some extent destroying his teachings.

M.L.: We are told that you withdrew into a monastery at the latter part of your life; is that so?

-- Yes.

M.L.: Did you write the book after going into the monastery?

-- No.

M.L.: You did not return to the outer world from the monastery?

-- No. I wish to say this before I go: Of all things in life the most important is to learn of yourself -- to understand yourself. All other things are insignificant in comparison. No one, no thing, exists apart from yourself. When you understand that, you will be on the road to freedom and to your own God-self. .... Did someone wish to ask a question?

H.F.: I was wondering if you could give us any specific instances where the words of Christ were changed?

-- At the present time I will leave you to consider it. At another time I will return and point out some of the twistings of the teachings. (4:23 P.M.)

(Remarks passed about Lingford -- as to his attractive personality, etc. Someone wondered why he had not come to speak to the group.)

4:28 P.M. -- Lingford: Go ahead; let them talk about me. I like it! You know, I still have some vanity.

M.L.: Many people say nice things about you in the letters I receive.

-- That's more than I had when I was there.....That was an interesting talk you had with the Chinese philosopher. I myself have gotten in a little late.

M.L.: How did you know we were going to have this meeting today? We had not expected to have one.

Lingford: Before I answer that I will answer something else. You said, "I can't understand why they come here. They must have other things to do." You ask why

we give the time to coming -- you like to come, do you not?

M.L.: Yes.

-- Well, same reason! I am not trying to be funny in saying that. We all seek out, it seems to me, the things that appeal to us. Sometimes it's an open door; we see it and we go to it and if we find something interesting behind that door, we come again. If not, we just don't come back. You would do the same.

M.L.: There are other similar meetings you attend?

-- Yes -- kind of keeps us batting back and forth.

M.L.: They are a rather common occurrence?

-- No, not what you would call a common occurrence. There are not so many. There are sensitives and sensitives, you see. Through some we are vague and made out to be liars and other things. Many times, one of us will attempt to come through, and the acting medium, whoever it may be, may not be able to receive well; perhaps cannot be controlled properly. There are many things that can be wrong, and a slight wrongness in the medium may cause a lot of vagary (vagueness?) in the communicator that he cannot control. For instance, for a long time I found it difficult to have you people speak while I stood by and listened. I seemed to sort of lose myself, like when you lose an idea -- that would be the same with me. I seemed to be the idea trying to hang on, and I seemed to slip out-- I couldn't hold on. But when you directed the remark directly to me, I could get it and hold it. Often that is the case: if you talk too long, the one on this side loses the idea he wanted to express and finds it difficult to "stick". This is a much more difficult thing than you really realize.

M.L.: Someone said that sometimes there were as many as several hundred persons present on your side. Is that true?

Lingford: Yes, that is quite possible. Then you have something else to deal with -- and this may seem very strange: there can be a lot of people here on my side and yet none of them may be aware of the others. There is, too, where you have dual controls, or what you call split personalities, where you have two or three, or more, entities -- neither of them knowing of the other's existence. They can take control simultaneously.

It's something you people don't seem to understand -- but sometimes it's not necessary to know why you can do things as long as you can do them -- interesting, but not necessary. When you pick up a pencil, or talk through the telephone, do you stop to ask "How is it that I can talk through this 'phone? How do the wires carry my voice, and so on." You see, it is interesting, but not really important to go into the technicalities of it.

M.L.: But from the standpoint of human psychology we need to know all that we can.

Lingford: Well -- you know the nature of a shadow -- a shadow doesn't really take up any space; that's what we are -- mere shadows: "the shade of Lingford!" It makes you shiver, doesn't it? But it's not as bad as it sounds..... It is a subject that, even on my side, and having been through as many things as I have, I can find no way of describing it to you.

M.L.: Trimaliki called himself a "center of force" or of "consciousness"?





Lingford: Yes, that's one of the best ways of expressing it -- a center of consciousness; a force like electricity, but with what we -- without knowing -- call intelligence behind it.

V.B.: You spoke of many on that side not being conscious of each other -- is that something that you have to develop?

-- Yes, in a way, and yet again, no. Sounds contradictory, doesn't it? I will try to explain ----

M.L.: Would you like a cigarette?

-- Lingford: He talks about my reading minds -- he's reading mine! -- From what I understand of it, life is actually a voltage of electricity (that is, each person represents a certain voltage of electricity.)

V.B.: During astral projections is that why you don't run into other people?

-- Yes, that is correct; only when you know how, you can jingle the wires, as it were, to attract (contact) another.

M.L.: Can we learn how to do it?

Lingford: Yes, you can learn it from one who is capable of projection, who is met on the astral plane. (Q.: By prearrangement on the physical?) (A: Not entirely.)

V.B.: There would have to be a kind of rapport or telepathy?

-- Yes, that's nearer it.

M.L.: If any of us were to accomplish projection, couldn't a guide or teacher on your side make contact with him while he was out of his body?

-- Not always. That's why, when people go to a medium and ask to speak to a certain person, he says he will get them, but he can't do it; he comes back with vagaries.

V.B.: You have trouble there then making contact with other entities as we do here?

-- Yes.

V.B.: Then you're not all one big happy family?

-- No, indeed. You see, the important thing is to learn about life before coming over here, which I neglected to do. Each person travels on his own wavelength, and carries his own rate of pulsation. If you are fortunate enough to put your finger on the correct rate of pulsation of the person you are looking for -- you will get results.

M.L.: If a highly intellectual person is not psychic, -is he better off, or worse, when he passes over?

Lingford: He might be better off. Anybody making contacts with the astral world leaves himself pretty much open to some rather rough treatment from those on this side who might not like him. They know his rate of pulsation -- his

vibratory rate, and that is not entirely good.

V.B.: He would carry over a bad emotional state, such as hate or anger, etc.?

-- Some time ago we spoke of what is good and evil. What is good to one, is evil to another. So, if one came over with perfectly good intentions and put himself before the unfriendly person, that may be too bad.....Like keeping a constantly open door to your house; anyone can come in. They may be quite nice people, and you won't want to offend them by driving them out, but they may not be people you would want to come in.

V.B.: Then Mark is holding himself open to such experiences?

Lingford: Yes, that is so, but it is something he will have to work out for himself; it is his problem.

V.B.: It doesn't seem fair, when he is doing it to be of service.

-- Yes, but I am going to be somewhat philosophical. Fairness, like happiness, is the individual's problem, and lies within himself - the power to reject or receive. Now, if he (I am speaking of the boy - Mark) when he comes over here - if he comes in kindness he will be received courteously, and he will find others will treat him well and protect him from any really evil conditions until he is able to protect himself. It is a question of understanding what one will meet here. So many come over not realizing that they have passed over. Many seem to think they still have the problem of finding a place to live, clothes to wear, etc. But their friends and relatives on this side will help. They will build the houses or whatever is necessary for them until they can take care of themselves.

H.F.: Under the law of attraction, wouldn't Mark only draw to himself people of like vibration?

-- Yes, a law of nature is never really broken; it may be side-stepped, but not broken. The laws of nature are more kind by far than the laws of man.

M.L.: When people have been accustomed to passing out into the astral in sleep, don't they find things familiar when they finally pass over?

(con.on next page)

Lingford: Yes, they can go back to the familiar places they remember. It has been said, in a sneering sort of way, without thinking, that after all the millions and millions of years that the world has been going on -- if there is such a thing as continued life -- how could there still be room for others? But when you realize -- I think it was Shakespeare who said, "We are such stuff as dreams are made of" -- it is easy to see how the world could go on for a long time without being overcrowded. I am getting tired -- I think I will go now.

Mrs. Gauthier: Do you have schools and colleges there to help educate?

-- Yes, there is everything as you would like it. Schools, large schools; vast auditoriums; great teachers. Man has nothing to fear. He is going on a great adventure, a free life. But, remember, it is only free if you carry free thought with you. (4:55)

Change of Control -

Professor Luntz: (5:00 P.M.)

"Good afternoon, I am Professor Luntz. You are having a very interesting talk here this afternoon. I have just a word or two to say. As you know, I was a student and teacher of theology. Your own Bible makes a statement that should be clear. Christ said, "In the Father's house are many mansions, and I go to prepare a place for you." That is what you were talking about, and it is literally so. Someone prepares a place for you. The great God never designed that man should be left to wander around on his own. We are all -- whether in or out of the body -- properly and adequately taken care of. I did not realize, when in the physical body, the truth of that statement, although I mouthed it often.

Man comes out of the great Cosmic Mind and returns to the great Cosmic Mind. Were it not for the fearful thing you call death, man could never come back into his own. To live in the physical body forever would be truly a hell. God has so designed man that he may go away for a time and rest from the gruelling toil of physical life, so that when he returns he will be fresh and new.

The church of today, and always, as far as I know anything about, side-stepped deliberately the issue of reincarnation. I did the same -- not so much that I did not wish to believe it, but more that I did not actually know the truth. There is only one sure way of knowing the truth of anything -- and that is for the individual to experience it. All else is merely conjecture. Man is full of opinions, but try to pin him down to what you call facts and, as desirous as he may be to explain his opinion, he falls very far short of the mark, because we do not know what facts are. We only know what we experience individually.

I think that now the meeting should be closed. The force is fairly well run down, and I think that the meetings in the future too, should not be carried on to the last line. It has the tendency to leave many of the sitters depleted. In the case of the medium, it has been wondered why he does not feel tired after lengthy sittings. Some people act as absorbers of energy, and others give out -- and he is one of the absorbers."

Meade Layne: Have you any special word for our guests today?

First I wish to say to the young lady writing here, that she needs very badly a little exercise -- such as ball games and things of that sort. She and her husband ought to get out together. It would be good for both of them and not leave time for worry.

Meade Layne: How can Mrs. Gauthier get in touch with like-minded people? She is so isolated in her Canadian home?

She should try to set up correspondence with people interested in psychic research, perhaps from your Round Robin list.

Miss Noeller: Should I continue my psychic studies?

It depends on how the psychic energy effects you. It makes some people very nervous, as I think it does you. I think you had better slow up with the psychic work for a time. You are the type that is drawn from a great deal and it can sap your vitality, so go slow.

Vivian Brikkley: Does it sap my vitality?

No, that does not apply to you. You have the ability to accept or reject the pull on your psychic energies. I would watch your blood count more than anything else -- for anemia. That can tear you down very rapidly, and you can always tell when you are bordering on anemia by a certain listlessness, a lassitude. I would suggest that you spend at least a half-hour every day lying flat down, propping up your legs. It will at least revive your nervous system and quiet your heart.

V.B.: Would there be any great depletion if I went in any deeper into psychic activity?

No, so long as you do not feel any mental strain. Watch out for that, and for despondency, "the blues", a let-down feeling.

V.B.: What does that indicate?

Your mental nerves, as it were, are being worked on by entities too often. They are sapping the electric and magnetic forces of the mind.

Mrs. Robinson: I have noticed that in my psychic studies.

Any direct psychic work will deplete you. It does everybody to a certain extent, but some are capable of rejuvenating themselves in a shorter time. It is not so much the amount of energy you lose as your capability of building up again rapidly. Goodbye now. (5:35 p.m.)

(2:26 p.m.) Control, PROFESSOR LUNTZ: "Good afternoon. I come in just for a little while. It seems that there are a great many serious topics to take up here this afternoon. Depending upon the nature of the subject, those who are talking about it, at least from my side, will stay only a few minutes, because we do not wish to take up any more of the boy's energy than we have to. I wonder whether good Dr. E.B. is here?"

M.L.: No -- but we wanted to talk with you about the Koch catalyst --

PROFESSOR LUNTZ: This seems to be something that has come about recently in the treatment of cancer.

M.L.: Yes, but it has been successfully used for the past fifteen years or so.

PROFESSOR LUNTZ: It seems to work on the principle of oxidation.

M.L.: Yes, the catalyst is a powerful oxidizer. I hardly know how to ask questions, but undoubtedly you can help me out.

PROF. L: I rather suppose the strength of the dose would depend upon the patient, wouldn't it?

F.E. Usually one dose is given.

PROF. L.: Are not repetitions of the dose needed - sometimes three or four?

F.E.: If the action of the one dose ceases to be effective, then the dose is repeated in one of the multiples of 7 -- in fourteen days, or twenty-one, etc.

PROF. L.: I understand it works in other diseases besides cancer?

M.L.: Yes, in many other diseases.

PROF. L.: Since my coming over on this side of life, I have been able to do a much clearer study of the interior structure of the body than I would otherwise be able to do. You people have to use your X-rays now, but you will find that your vision can become X-ray over here in regard to the physical body. That is what I have found. It has been my thought for some time that cancer, as well as many of your other serious ailments, is due mostly to poisons that pile up in the system and the food failing to oxidize properly, and when that happens, poisoning takes place.

M.L.: That theory is the basis of the Koch treatment.

PROF. L.: But there are other things to consider: why, for instance, does the oxidizing function begin to slow down and sometimes to stop? That is the question. There, again, my belief is that the reason for it is mental, not physical. The mind takes on certain attitudes, and those attitudes create peculiar stresses in the glandular system of the body. This either excites or depresses the action of the glandular system, causing either an over supply or an under supply of the chemicals that go to keep the body in working condition. I do not think any of you doubt my opinion there, because it is obvious in just one thing alone: fear. Look at the tremendous effect on the adrenal glands. So, if fear does this, think of all the impressions the mind receives from outside of itself, and how these impressions act upon the body. A few nights ago the boy here was making an effort to get in contact with me in

regard to having a little conversation with a lady from Canada. However, I am sorry to say, I could not be there at the time. But the one who came in my place carried on, from my viewpoint, a very interesting conversation in connection with stigmata, which are supposed to have a great deal to do with passion -- the thorn and nail wounds of the Christ appearing on the head, hands, and feet of those who are supposed to be in close contact with the Christ.

M.L.: Sigmund Freud was the communicator?

PROF. LUNTZ: We do not like usually to give names -- especially when they are well-known names -- it usually distracts attention from what is being said, and that is the important thing -- not the name of the person who says it. That is why today -- to branch off for a moment -- you find your religions squabbling among themselves; because they are not worshipping the teachings of the Christ, they are worshipping the personality, the man. That is bad. So, let us think of the philosophy and see what lies behind it.

At any rate, it was said the other evening that stigmata also are the cause of tumors. In the opposite sex, it is mostly due to a desire to continue bearing children. Just consider: often there have been found in a uterus tumor the parts of a human structure -- hair, teeth, parts of bones; what else could cause that except a tremendous desire for the child? Do not misunderstand me; it is not necessary for this to be a conscious desire -- and when I use the term subconscious, I do it sparingly, because it is a bad term -- but I must use it until we find a better. But I must impress it upon you, my friends, that the mind does govern the body and produces in it all that you desire to have happen.

F.E.: But in the case of a newborn baby?

PROF. LUNTZ: Of course, there you have the mental factor of the parent. A baby, you must remember, is a growth also, and the growth takes on the impressions of that which it grows upon. Does that make sense?

F.E.: Partially; we know that suggestion will bring physical results, as in stigmata, etc. -- but in the case of the child, if it is given the proper elements in its infancy to throw off the poisons --

PROF. LUNTZ: We still want to understand this: that life is neither a year old nor a hundred years old. So, if what happens to a child seems to be out of place in conditions that could only be found in an adult, I am afraid I must disagree with that theory. Because a child is only now in body, not in mind; and if we are to consider or believe for a moment in reincarnation, we have that to consider. What has the mind brought back from former lives and thinking?

M.L.: Is cancer hereditary?

PROF. LUNTZ: In some degree, yes -- depending upon the blood of the parent.

M.L.: Could the effects of this catalyst be communicated from parent to child?

PROF. LUNTZ: Yes; all manner of disease lies latent in the body and may at any moment blossom out; it depends upon the thoughts and desires of the individual which will bring into activity these germs, as you call them.

DR. C.: You are speaking of the importance of mental conditions, of their great bearing on disease; but from the purely medical viewpoint, we are confused with actual germ processes. Even though we give power to the mind-over-matter theory, we are confused as to where germ-theory and mental effect overlap or interlace.

PROFESSOR LUNTZ: Germs, I believe, Doctor, as minute as they may be, are still -- in my opinion -- of a chemical constituent. Thus the mind works upon chemicals - the body as an over-all mass and the individuals chemicals in themselves. Now, if for one reason or another the mind fails to throw up a block against these unseen chemicals called germs; if instead it opens itself by thought or desire, it brings the germ into full activity by irritation; it awakens the germ to detrimental activity upon the body. Germs are a necessity to the physical world. They are the final destroyers of chemicals; they, more accurately put, are the changers of chemicals.

In the book that we have put through the boy, it has been stated that the mind-force, or the life-force, carries its own particular rate of vibration. When the life-force comes in contact with any certain chemical, it either has an affinity with it, or it rejects it. If it accepts it, it weds it, becomes one with it. It stirs up the electronic field of the chemical, expands it and makes it sensitive to other chemicals of a like nature, thereby attracting to itself substance which will eventually become shape and form. I do not know that that makes it any clearer, Doctor?

We are still floundering deeply in that field.

Prof. LUNTZ: Philosophy and science are the only two fields, in my opinion, that will and do, eventually, show man the right way-- -- the truth.

M.L.: Do you believe that cancers are inherited?

PROF. LUNTZ: To a degree; not entirely inherited, though, but largely acquired through observation and practice (subconsciously so, of course) by the child from the parent.

M.L.: But you believe there is a measure of inheritance?

PROF. LUNTZ: Oh, yes.....

M.L.: But does the somatic modification of the germ affect it?

PROF. LUNTZ: You know, all life is composed of two things: what you call the material, and matter in motion -- so, ultimately, everything affects everything by modification. If it were not for this law of modification, things would be happening haphazardly and there would be chaos. Man likes to jump ahead, but Nature does not jump ahead; she keeps an even course. When man thinks he can leap ahead of something, he finds himself out of harmony with life and therefore suffers.

Now, I don't know that I have said anything of worth, but I hope I have given a little food for thought. I feel -- and most of us of the "Inner Circle" -- are distressed to some degree over the seeming inability of the people who have come over to our side, even

the so-called advanced minds -- their failure to bring across an adequate aid to man's suffering. But then, we must consider this, as we have said before: suppose, for instance, that the so-called advanced minds did solve your problem for you -- they could only solve so many, and equally evil ones would spring up. You must remember that life, as you see it in the physical body, was many eons ago in existence, but in a very beautiful subjective state. It is only because man has turned his mind outward that he finds suffering. When he returns to his subjective way of life, he will not find that kind of suffering. But all life is striving, strain, stress, struggle. Let us suppose that it were not so -- you would all get fat and lazy and die of it!

M.L.: We do not expect all of our problems to be solved for us --

PROF. LUNTZ: Of course not, Doctor, of course not.

Dr. C.: In our research with X-ray, we get only a limited density.

PROF. LUNTZ: At first, over here, all we get is a limited density; but if you continue you begin to get a clear and over-all picture, and you can take one thing at a time and study it. But you have to be careful, because the mind in that sort of work becomes illusive; you cannot hold on to it for long. It is like a meditation state. It takes much practice to become one with the subjective world. And that is a bit of our trouble when we try to come back and consider the physical. --

MCW: Does the mind enter the body before birth?

PROF. LUNTZ: The mind builds the first mental stresses for the body -- the chemicals for the food chemistry of the mother. These are fields of attraction, you might say, and the life force -- the consciousness -- is to some degree getting less all the time as the physical counterpart of itself is being built, enters into and becomes one with the physical body, before it manifests itself by what you call birth.

MCW: Is the entity fully there in a small child?

PROF. LUNTZ: Oh, yes indeed -- it is fully there, but in a sort of dream state. The consciousness is always there, because it is the consciousness that forms these stresses, prepares the conditions. Man is a great being -- he is so great, indeed, that the glare of his greatness blinds him. He has lost his understanding through entering the chemical-physical world; but that is good for him, too -- it enables him to find his way back through a process of learning. There is a saying: "It's an ill wind that blows nobody any good." So, remember, if you cannot find an immediate way of getting rid of your sufferings, try to bear with it; do not fight it, but relax as much as you can. If you have a problem disturbing to your waking

and sleeping hours, it may be that you can only do so much in a given time. If you cannot do it all, don't fight it.

Once you have entered into my plane of consciousness, you will not wish to return to the physical body. Have none of you had a dream so beautiful that you wanted to stay in it? So life is, on our side. But, remember, you had that beautiful dream because you did a beautiful thing -- in your everyday life, you had a beautiful thought. So, if you would have a beautiful life after death, you must learn to live in quietness, in kindness, in peace.

I seem to have lapsed into my old habit of preaching. Before I go I wish to say that I wish for you all a happy and successful life-- -- and, remember, that prayer does help -- prayer not to some faraway God, but to the God within. If you think it does nothing else, at least it stirs up the mind in a psychological manner. Be sure what you want, then think it, dream it, sleep it, eat it. But be sure of what you want, because you will get it.-Good afternoon."

(Temple dancer -- performs the usual dance with hands and arms-- also beating rhythm with feet -- to clear up condition of the medium's physical body. At conclusion says: "Now body good -- no backache. I go.")-(withdraws.)

Control, Theresa Vandenberg: Good afternoon to you all. I am Sister Theresa. I have returned to convey a little further my thoughts which I tried to express a few nights ago regarding Communism. There seems to be some misunderstanding. Myself, being a Sister of the Catholic Church for so many years, I should of course have great animosity towards communism -- but I can afford not to. I am neither in favor or disfavor of anything except that it may teach me something. I did not take that attitude when I lived upon earth -- at least, not until the latter part of my life when I took up the study of philosophy and tried to acquire some so-called wisdom -- understanding. This gave me a great deal more of tolerance than I had before. Now I do not at any time believe that man should fight for any "ism" at all, except wisdom, knowledge, truth, that will help to guide him as an individual, not as a mass. Man was not born in a mass; you do not come into this life in a crowd. Regardless of what your political views and beliefs are, I do not think it intelligent to use those beliefs to deny another his beliefs.

And, too, it is the belief of all of us in the "Inner Circle" that man is not going to destroy himself from the face of the earth. He is seeking knowledge and advancement, but of course he uses the knowledge he acquires in a somewhat ill manner. The states of mental advancement -- both in science and philosophy -- in these good United States are far too much along the way to dream of accepting such a government as Communism. It could not possibly hold in this

country. Your fears are needless, for this country is far superior in mentality to Soviet Russia. You have long grown out of even the small amount of slavery you found yourselves in when the country was young. When a group of people first came over to this country, it was with the intention and desire of establishing freedom of religion, because they were being held down and not allowed to worship as they pleased; but does not your history show that they put some in locks, stocks, and barrels just because they did not go to church every Sunday. You carried on your tyrannical beliefs for some time, right here.

None of us on this side uphold Communism, or any other "ism", except love, wisdom, knowledge. It is funny that I should say that now, when I spent so many of my earth years in believing that my religion was the Christian religion, and the only one. There are as many ways to God as there are people. . . .

Is there anyone here who would like to ask any questions? I will try to answer them.

Mr. G.: What is the relation of food to the good life?

THERESA V.: Food and fasting --the more nourishing the food is and the less the bulk, why, the less the pressure upon the dia-phragm and the less disturbing to the elements of the body, the more peace of mind. So, if you find relief and freedom of mind in any direction, continue with that. Food should be chosen for quality and not quantity; and if your mind is not conditioned, or has become unconditioned to heavy, starchy foods, I would advise you not to use them. If you are doing no heavy physical work, I would advise fruit and vegetables. But I would not advise becoming fanatical about it. If you enter someone's home who offers you starches and meats, sit and eat, but eat sparingly. Never refuse that which is offered you in friendliness, but do not gorge yourself. It has been said that to live life in a moderate manner is wisdom. When you step out and do not go along with other people, they begin to think you are strange, a little queer, and they wonder what you will do next. So, when you are in a certain society, go along with that society. You do not need to rush away into the hills and seek silence. That is not being spiritual. To be spiritual is to relax, to take whatever happens to you with a certain degree of equanimity, with cheerfulness. And consider your fellowman's opinions as being as important as your own -- because they are important to him. Once your good friend, Lingford, said that smoke doesn't only get into your eyes when in love, but from your overheated opinions.

Q.: Would it be correct to think that physical phenomena is the result of mental activity?

That, in my opinion, seems correct. Man's activity, regardless of whether it is a psychic or physical one, is the result of the

action of mind on all planes. The only difference seems to be that on any plane -- here or there -- or on any plane, we see only one end of the endless stick. Therefore, how to consider the cause of a particular motion -- if you consider it only as you see it -- well, it doesn't make good sense. Somewhere else, under some other condition, there was action, and endlessly so. I believe that it was in such a manner that the light from your sun and other planets came to earth -- in pulsations; not just one little wave, but a series of waves. But I am liable to become scientific, and that is out of my field, so I had better hurry away.

It is very pleasing to us in the "Inner Circle" to see how these meetings are expanding; and we are pleased, because we, in our humble way, consider this a great work, and hope that it continues in the same way with the same purpose of trying to learn more; because we, on our side, learn a great deal from you. . . . That is because all of us do not pursue the same course in life, whether in the physical or mental realm. So each one of us who enters into these meetings finds things brought up that we know nothing of in physical life. Take myself, for instance -- I knew so little of the deeper philosophy of life until I came in contact with the "Inner Circle" and you people, and learned of it. I had never even heard of the great Chinese philosopher Lao-Tse until I came into this group. His teachings are wonderful and glorious, and they have helped me to understand the part I am to play..... Now, there are others waiting to come, so I will leave you.

PROFESSOR LUNTZ: I have slipped in for a few moments again, because the good Dr. E.B. is here. I do not know if I can be of any use to him. Earlier in the afternoon, Doctor, I came in and had a little talk, and I don't think now that what I said was very enlightening, but I will try again, if you wish.

Dr. E.B.: Who did you say you are?

PROF. LUNTZ: Professor Luntz. Now, I am not a medical man. I was a theologian in my earth life. It is only since coming over into this state of consciousness that I began to study the body. You will undoubtedly amaze and confuse me -- so I am here to be confused.

Dr. E. B.: Did you wish to confuse me, or shall I confuse you with questions as to the workings of the body?

PROF. LUNTZ: I gathered that you wanted specifically to know about cancer -- what this new treatment will and will not do.

Dr. E.B.: Let's start out by making the assertion that we all possess a natural God-given immunity -- for lack of a better word -- toward disease in general. Are you acquainted with the nature of disease, and why some are protected, and some not?

PROF. LUNTZ: To a degree I am -- at least to say that the mind is also one of the controlling factors of your physical disease. I do not know if you will uphold me on that, but you undoubtedly know that the mind has a profound effect on the action of the body?

Dr. E.B.: Undoubtedly so -- and the more profound the workings of the mind, the more profound the effect.

PROF. LUNTZ: Yes, with that I agree. If the mind is what you would call sensitive, that mind can be either a force for keeping the body well, or it can become a detriment. It can cause effects in the glands of the body; it can stop or slow down the action of the glands. . . .

Dr. E.B.: We might say that the mind has the potential ability to control the body entirely. However, in a lesser sense, the mental condition has more or less influence on the body.

One specific question I wanted to ask is this: an endemic may become epidemic and affect half of a nation. In that nation there will be a certain percentage who are not affected, some who will recover, some who do not survive. Why do these three groups exist-- some immune, some who recover, some who succumb -- other than the mental cause? Is there any physical reason?

PROF. LUNTZ: Because, as I said awhile ago, I believe that germs are chemical changes that take place in the body, and because, I said, the mind governs the body, by causing these chemical changes to take place. It is also my thought that fear works in two ways: it either builds up a terrific mental force to survive, to cause the body to survive; or it becomes hysterical to the point that it has no control, and it assumes that what is taking place all around will happen to it, and that there is no escape.

Now, it has often happened, as you doctors know, for you have undoubtedly had the experience of walking into places that were infected with fevers and diseases of all kinds supposedly highly contagious; yet you went in, worked with the patients, and -- although your body resistance was probably low through fatigue -- you escaped.

Dr. C.: Are you referring to group fear, or of the individual?

PROF. LUNTZ: I refer to both, because mass fear spreads to the individual.

Dr. C.: But in the case of children?

PROF. LUNTZ: They are quite conscious of what is going on around them; and also there is a way of the adult mind projecting fear and sickness to the child. If this were not so, how could the ancient Kahunas pass on the ability to unbelievers to walk on hot coals?

Dr. E.B.: You mean that the mind starts the thing into action that will happen; if you have a constructive attitude, okay; if not, you will succumb. But if the objective is absolutely kept in mind, you will attain it. Mind, undoubtedly, has the ruling power over matter. In the case of the child, it is not so consciously realized; therefore the child probably has a greater resistance; the younger you are, the stronger you are.

PROF. LUNTZ: Children would suffer many fewer ailments if their parents did not instill fear of them into their minds. You know of cases where a man sees an accident; he doesn't know just what happened, but on making inquiry he learns that it was a heart attack. At first he does not realize it, but he begins to put his hand to his own heart, and sooner or later, he develops heart trouble.

Dr. C.: But what about the fact that the older people seem to become tougher -- to be less susceptible to contagious diseases?

PROF. LUNTZ: I think that in that case, it is more or less a knowledge in the older persons that they have attained experience in life -- life holds little more experience for them; they have no fear of dying. For men, as they advance in years, realize there is nothing to fear, and the mind almost forgets what is going on around it, and goes on its way unharried.

Dr. C.: But why is it that contagious diseases do not as often attack middle-aged people as well as the older?

PROF. LUNTZ: Do you suppose it is because the germ knows they are older?

Dr. E.B.: I think the germ is secondary in effect only.

PROF. LUNTZ: Yes, exactly. Dr. C., I believe the germ is the secondary effect. The fear acts upon the mind -- let's say it is afraid of getting a certain disease. When the mind acts upon the body, then, it may either shut off the blood supply to certain parts of the body -- it may do this by the closing off or shrinking down of the veins --

Dr. E.B.: You are referring there to some condition that causes lessened distribution of blood to the body? The blood must be the means of distributing and eliminating everything -- good or bad. There must be in each one of us degrees of efficiency -- which efficiency may show in our ability to recover, say, from a cough and cold --

PROF. LUNTZ: Doctors, I believe that if your body is in the proper condition of relaxation, you can become chilled to the bone, soaking wet, and so on, and no harm will come from it.

DR. E.B.: I believe, though, that there are physical means of causing immunity to diseases. There are several factors, I believe,

that belong to the chemical field of matter. And one of these is a chemical that is the basic substance which at all times lies within our body cells through our entirety, the presence of which in the proper concentration, let us say (which means, of course, high solution), renders us immune to disease. If we undergo physical injury or irritation, or anything that tends to make the body less resistant at that point, then we have the secondary effects of germs, etc., which used to be considered the causes of disease. I believe they are not the cause at all, because we have proofs that there are these factors which will remove disease.

PROF. LUNTZ: Some proof of that lies in hypnosis. Under hypnosis the mind can be made to change the heartbeats, respiration, and --- for that matter -- the chemical conditions of the body. And how? Does the mind contact what we see as a physical thing? In my opinion, no -- but it attacks (contacts?) the atomic whirls of the chemicals in the body.

Now, I do not wish to overstay my time, and take up too much of the boy's energy, than I should.

M.I.: I understand you accept the existence in the body of what we might call immunity chemicals?

PROF. LUNTZ: Yes, I do. (Control leaves.)

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YADA DI SHI'ITE: Good evening. Language is a wall, but you should be accustomed to walls in your state. Language is only one of many walls you have to climb over. You must climb over wall of skin color, religious beliefs, political beliefs, and these are but a few. The whole physical world and the world we are in is full of walls. We make ourselves strangers and the stranger becomes something that frightens us. We do not know what his inner nature is like in comparison to ours. He speaks different language, has different skin, his God is different, his Devil is different. Everything is different. I do not understand him and that which we do not understand we have tendency to want to destroy, to kill, it becomes a fearful thing to us. It is better if we consider ourselves strangers. Do not leave the walls there to struggle over but tear them down. And how can we do this? By seeing them for what they are. First we must see ourselves. We must comprehend our own nature or we cannot judge another. We must learn to understand ourselves for we have only ourselves as comparison and we cannot make these comparisons unless we do understand.

Who am I? What am I? What are all these things I appear to be? Am I any of them really? It is these things that bring man much struggle. The world over is laboring under a great fear complex. Your leaders, your masters, your authorities, the ones you have learned to depend upon. All that man is as far as his physical body goes is a recording machine, making note of this which is going on in what he calls his three-dimensional world - through his nervous system he receives stimuli - these cause a variety of things, what he calls the five senses. The controller that is learning about this out here through this here, he or it is the one that is making these notes that is retaining that which has been recorded and using this information again to keep his physical vehicle from making the same mistakes. All of us are striving to protect the body, seeking constantly towards survival, not knowing that true survival is here and has nothing to do with this.

But you use the word survival in your physical world. After you understand life better it has deeper meaning. You would see that it is a Hell - you do not have to wait to die to go to Hell - you are in it. But is it because this is what is called a matter world that is making this a Hell? No. It is what this, here, (mind) believed it to be. Man has turned his physical world into a Hell by his false concepts of life. I had had 500,000 years of continual consciousness in which I have done no sleeping, fainting, or coma. How would you like that - not to be able to sleep. All of these things are the mechanism of escape. From the first time man forms for himself a physical structure and comes into this physical world - from that moment he becomes conscious he has arrived, he also desires to escape, for that which is called life, that which is called mind, is quite a different vibration than your three-dimensional, physical, chemical world. To die - to you, many of you, perhaps have fear and do not want to die. You mean you do not want to leave this physical body. The great mind, call it cosmic mind, or God, knew well the necessity for causing man to feel this way. In coming into the physical world it is a protective thing that keeps the physical being from destroying himself too suddenly.

Now when you get to understand that it is mind, mind substance, when you understand the true action of it, what it is for, and what you can do mentally with it, only then will it not pain you - then only will you be

able to escape the pressure of the physical chemical world and still stay in it. It is not a natural state to man or to anything else, but our false conceptions concerning matter has led us to many other wrong concepts such as wrong eating, wrong breathing, and not knowing how to relax and permitting this illusion out here to press upon us. We say 'I must do this now - if I don't I'll go crazy - my whole existence depends on it.' You see why you bring destruction to your body with this kind of thinking? There is only one thing you have to do now and that is retain a full state of conscious awareness of your acts whatever their nature may be, for in so doing you will enjoy more of the pleasurable acts and you will be able to hold off the pressure of the painful acts. All life moves away from pain and into pleasure but very often we do not know we are moving into greater pain when we believe we are flying into the arms of pleasure. Man is not a carnivorous being - he has not the teeth for it - and today in your highly civilized state your foods are so bad it is causing you to lose even the teeth you have.

Not only is the food causing this but the mental attitudes we take towards this which goes on around and about us. You have something today called the business man. He gets up, drinks coffee, a great stimulant on his heart and system, he goes to work, worries about his work, his family, and world affairs, then from this he goes back home and does the same thing over again. Is this good? Did you not know you are dividing your attention? You have to center your thoughts on what you are doing if you want your body to get the greatest good out of it - only then shall we have a good body. Division of attention is an evil to your body and your mind. Eat the right foods and concentrate on your foods while you are eating - digest things in the mouth; if the saliva glands are not in use the digestion is no good.

-- But I do not like food.

Yada: That is because you have your mind on other things. How do tears form in the eyes? Through direct stimulation of the sympathetic nerve system over a seemingly unhappy condition and the more fascinated we are by this unhappy condition the more the tears, for the tear ducts, the tear glands, are being highly stimulated. Does this not also hold true for all the glands of the body in whatever you do? Excitation - I speak to you of something that will probably hold your attention more closely - this thing called love. When we love one another - and I am speaking of man and woman love - we certainly put our attention on it and if we do not we are likely to lose the ones we love. It takes concentration and it is one of the greatest secrets of life. We say we love this one - can we not put the same thing into eating, into relaxation, anything we do? Put all into it - only then will you get the most out of it. Sometimes, as in your case, the inner body needs cleansing. You can do this with vegetable - also with internal washing. The intestinal tract is a breeding ground for bacteria. Many diseases start here. Many people die today from what you call heart attack - actually the heart has no attack - the attack has been from the stomach. Too much decaying food in the intestinal tract. Now I am speaking from the physical side of these things, but what is life if it is not balance? Everything has to be kept in balance - body and mind. To have healthy body and not mind it is not going to stay healthy long.

-- If a person eats nothing but fruit how long would he live? -- 10 -- You have asked me if a person can live on fruit only.

Yada: Depending on two things. When did he start eating only fruit? Has he accustomed his mind to this kind of diet? If so, then he will live a long time, for there is no decaying matter in fruits. The body breaks it down and uses all of it to nourish itself. To give you a better illustration of what I mean, take the boy and lady here, and the others that use tobacco. If you have been using it over long periods of time and someone says this is not good for you - take it away - and it is good approach from moral standpoint but not from physical or mental to do this. If you wish one to stop using something that is not natural to the body you have to stop here (in mind) first. You have not taken away the desire and the act will continue here. When you have a desire for this or that, if you do not manifest it in physical action it will grow and grow until it blows your physical body up. You will have a mental and physical breakdown - or you will have some kind of disease of the body. It is very bad mistake to try to stop one from habit of long standing by merely taking away the material side of it. That is why you have so much trouble in the world with people committing crimes. You try to stop the physical act - you put a man in prison for stealing - if it is in him to steal you will have to take it out of here first. Like vicious animal - it is his nature. Crime in your civilization will never stop until you learn to attack the condition mentally. One can get himself in a mental condition where eating is not necessary at all. There are many cases today in your world of individuals that have neither eaten nor drunk for months or years. This can be. Never do I say this or that cannot be. I do not know the extent of nature - its capabilities - I say only what I know from my own experience - my own observations. You think you must have sleep but a condition can take place mentally where you have no desire to sleep - you have this condition periodically and you call it insomnia. This seems to wear your body out because you are not sleeping? No. Because you have struck a mental attitude toward sleeping. You have been taught that you must sleep to live. This thought has been in your mind for years, so when you do not sleep you say you are going to die.

-- Without being told this why does a baby sleep almost twenty-four hours?

Yada: This is from habit. Nine months of it. The body becomes accustomed to sleeping. The habit is formed by the mind. The mind, the psyche, was before the physical body. The mind you and the mind we created the structure designed it for its need in a particular environment in a particular time. When you grow out of this body state you slowly grow out of the belief that you must continue to sleep so long. But many people never do and these people you will find are escapists. They do not want to face the pressure of their environment and they go back to sleep and they try to stay in that sleep as long as they can.

-- Doesn't sleep charge the battery again? Your nervous system?

Yada: Yes, but this can be consciously regulated so that you can sleep as long as you want, wake when you want, stay awake as long as you want. Man walks around with his eyes open and he appears awake but he isn't. It is said he is conscious but he isn't. You are killing one another wholesale on your busy market streets with your chariots, your cars, slaughtering one another.

Why? Have you not enough laws? Do you need more laws? No. You have enough laws. You need only one law, you need to stay awake, to be consciously aware of every act. Of course the effort to do this is very painful because we are not accustomed to stay awake. But the human being is like a zombie until he trains himself, and I am not trying to be funny, but to point out in a way that my thought will be of use to you. Knowledge or anything else is useless unless we can consciously use it.

-- You were speaking of the nervous system. What of the cerebral and the nervous system?

Yada: This sympathetic nerve system telegraphs to the main control house.

-- The subconscious you mean?

Yada: Very like change that is going on in the physical body - every part of it - every little stimulus out here causing a chemical change in the glandular system through the sympathetic nerve system - the stimulus moves along by excitation on the nerve - like wire-pulsation - electricity - and in one sense it is electrical.

-- The point of contact with the cosmic mind?

Yada: That is right. This which you call the subconscious mind is not subconscious - the word in your language means below - can you get below consciousness? The word super - can you get above consciousness? There is only consciousness. But there is something else called awareness. Now it is not always by any means that a stimulus - in telling this which you call the subconscious mind something - that this something is telegraphed to the conscious mind - also you have what you call a body - awareness of this experience. You have what you call dream - you enter dream world - very vivid dream - but perhaps when you bring this state of consciousness again to your physical world you do not remember having dream at all. Very often you say "I have not dreamed" but it is only because this greater part of you - this cosmic mind called the subconscious has not projected the experience, telegraphed it to the conscious mind - to this wakeful state out here. You can with proper mental application learn how to concentrate so that you can mentally in time control every little part of the body so that this body need never die. The great masters, all these that you have heard about and mostly you have heard about the man called Jesus, the Christ, his physical body did not die in the way you think of death - he learned to disintegrate by changing the rate of vibration of the atomic structure of the body and he moved from your dimension of time into another dimension of time. He took with him this body - why? Because it is a mental body - such as most of you call the soul. It is a mentally constructive body - it is mental energy - and you are the god - the creator of it. It is your dream body created by you so you could experience this dream.

-- By what method can an individual raise his rate of vibration?

Yada: Sir, what I am going to say may seem like I am withdrawing like a turtle when you hit him on the head - but no. It is simply that I cannot give you this kind of information because it belongs to you. I cannot give that which you already have. I must leave you to work for it, to find the key, for if I should give you the key I would tell you in detail and you still would not be able to do it. Why? Because it is my way of doing it - I would be telling

you the key to my dream.

IP: No one can give another the key to their pathway? We have to work out our own?

Yada: It is the way we work out our own destiny. In the distant future? No. Right now. This is the only reality. Live it. To live each moment is to live eternally in paradise. But do we? We come into the physical world - keys are put in our way - they will give you a little start on the way to the path of eternal life - but do we take it? No, because far back in time the priestcraft have taken away from us our own initiative to act upon our own thinking. We flee from this - the devil - we fear to put our souls in jeopardy and so we flee from learning. The priestcraft has said necromancy, which you are witnessing right now, the calling up of spirits, is evil! You know why they teach this? So you will not be given the opportunity to learn the truth about your own survival - about your own divinity. For thousands of years religion has been doing this kind of thing.

-- Do the priests know what they are doing?

Yada: No. They are merely acting upon the orders of their masters.

-- Do the religious hierarchies know?

Yada: Yes.

-- Does the pope know?

Yada: All there is, is the light and the dark - the positive and the negative. They know not only how to exert the inner forces for their ~~benefits~~ but they know also of the penalty. But they are willing to face that penalty for they know something else which I cannot tell you.

-- They teach their high priests black magic?

Yada: Let us go back to Catholicism - to mediaeval times - it was thought to bathe was very bad. Why? Because the teachings that one received in the temples - those teachings are received in what is called ritual form - this practice of ritual is magic and it creates vibrations which the physical body absorbs through the nerve system - and to put the body in cold water is to destroy these vibrations so they do not want the followers to be washed.

-- Catholicism - in India - in Tibet - why do they stay away from water?

-- Some of them bathe in the Ganges.

Yada: Yes, but some do not go near water. In a city of over 10,000 priests they are living off the blood and energy of the lay mind in that city. You here, your priestcraft are living off your blood and energy. As long as you fear you will permit these to give you the whiplash. The secret lies right here in Isasa - in wisdom and in acquiring this wisdom you will find you are that God - you are that Divine

IP: You are all of these things - you just have to become aware of it?

Yada: I come to you many times, use boy's body. Some say this cannot be. I could not be God. Yet it is all right to listen to your priest say God made you in His image and likeness. This? (body) No, this. (mind) Every day, every moment, every second of what you call the passing of time in the physical world and in all dimensions of time as you, man, are going through the initiation until you take the last initiation and become consciously God - Does this mean this part of you will be absorbed in the Great Mind? There is no other great mind. You are it. Can a snake swallow itself?

-- There is hope for us then?

Yada: I hope so. And every prayer of every day is done hoping it will put us in tune with a greater reality. Whatever we are doing we are trying to seek a greater state of reality.

-- Right now I have a sensation - my third eye is making itself felt - is this due to pituitary gland?

Yada: Due to the fact you have much knowledge and much inner learning - you have sight raised to a greater degree - you have sight through Kundalini forces and sometimes these forces flow more freely through the body and excite this gland. It sends it into greater motion, vibration, which creates a light. Now in the moment that you receive full illumination this light will be so strong, so brilliant, that it will flash out into your three-dimensional world and suffuse your body in it. This is what is called receiving illumination. The illumined one means the enlightened one. The one who becomes himself pure light.

-- Does diet have anything to do with that bringing forth?

Yada: The better the body is taken care of the more pure the breath or the Prana. Prana is the God energy. It is the essence of life. If you abuse your body and create toxins in the blood in the digestion the breath of life is going to smell like it came from a sewer. To keep this pure so that when you take in you are sending this Prana this life energy to the brain centers causing a great oxidation there. You create concentrated illuminated thought.

-- What is going to happen this year in August on the Pacific Coast?

Yada: Man is funny being. I knew a man who ran away from earthquake and ran into cyclone in other country. We cannot escape our destiny. Wherever we are that is where our destiny is. That which happens here is most likely to be in what you call earthquakes. Some of these will be very violent. Now if you go somewhere else you may run into cyclone. Do not be concerned with what is going to happen but what is happening. Be concerned with this moment. Once a man was so concerned about what was going to happen on the other side of the earth he died from worry. Life is very serious, but when man does not know he is very funny - he is like puppet - like mechanical doll.

IP: Do things look more favorable now than they did a few weeks ago, or are we still going to try to destroy ourselves?

Yada: You are going to have war. For war lies in the hearts of one another, of individuals that have been taught to hate one another - the masters of Europe - China, Russia - each in his own subtle way. When a head of a country starts to teach love, this is the one to listen to. Love of your fellow man, no matter what nationality or the color of his skin or what his creed. I mention religion. I mention priestcraft. But does that mean I am feeding you a propaganda of hate? No. I do not care what an individual feels his God or his Devil. It is not your place to bring hate into your heart for that one, but love. Love is the golden key to all its systems. With it you walk into the room of life and this life surrounds you and nothing can harm you for you are standing in the light of reality. The moving of the people - this is very funny - from Formosa - is not as it appears to be. These were moved into another part of the world called Europe - there is where the big struggle is going to be again and as long as this which you call Communism - in Russia - which is not Communism at all - but is dictatorship - as long as this force exists as it is and as long as the hierarchy of Catholicism is what it is you will have wars and bloodshed. For both of these are a malignancy in your world and I think you understand a malignancy. For you advertise it on your ear-boxes (radio) - what you call cancer.

-- What causes cancer?

Yada: This I am going to leave someone else to talk to you about. I must go.

(Change of Control):

Dr. Sukuto: Most honored to meet all of you. I have been listening to the many talks going on here this evening and have listened with great concentration to the Yada talking of life, matter, food, and this and that. Now while we are of one mind seemingly, it is because we were of one mind that we of the inner circle become a group, but that does not mean we do not have our own differences in opinions. If we were all thinking alike we would bore one another. Life is for variety. This does not mean you should change your wives and husbands too often. There is a limit even to variety. While I agree with the Yada in many ways due to the fact that I was a medical man and a surgeon while I was on earth, the path that this learning took me upon showed me many things to be of a different nature than what my honored colleague has expressed. I have had brought to me in my earth life individuals in very bad physical state - so bad the closest examination showed they could not possibly live, yet I have seen these recuperate and get better - live long time. I have had others come to me and using close scrutiny and the most modern medical approach find nothing wrong with their physical body yet these people simply die. What would you do were you to face situation of this nature? I have heard you must eat this kind of food, just must do this or that if you want to stay in healthy state. This is largely true, but not entirely true. For I have known individuals that dissipate in the most terrible manner live long time, have happy life. Others live good, take care of the body, die very young. What are we to say? What is going on? What is the nature of mind? of matter?

IP: I would think the mind would be the contributing factor there. Regardless of the food intake if the mental condition is upset food won't digest and if

the mind is in a happy frame one could perhaps dissipate and the nerve centers stay -

Dr. Sukuto: That would indicate the manner but not how long a person would live. We say this is this and that is that because it looks like it so it must be. Isn't that true? That which you do in this moment you may not feel the effects of, and it may be tomorrow or 10,000 tomorrows from now but I can assure you that in the course of that which is called time your act shall receive its reaction. 10,000 tomorrows may mean you are back in the physical world again in new body, but the act you committed in this life perhaps has not yet caused its reaction and so you will receive it in this new life.

IP: Does that mean the soul seed has had an impression made on it? That it was consciously aware it was abusing the physical body it was operating?

Dr. Sukuto: Yes. Every act is upon our mind and the soul seed. What is this? It is a light vibration. This light vibration meets with the male seed within the male body but it is marked with every act the personality has committed, good, bad, and indifferent. But no act is ever good, bad, or indifferent, but the nature of the personality in its response to stimuli in its particular environment considers an act either evil or good or indifferently so, and this creates within that one a guilt complex if it is considered a bad act. It marks the soul seed, the same as a habit that you commit time after time in the physical world creates an actual ridge in the brain structure - that is why it is so difficult to get rid of a habit once it has become such.

-- A ridge or a crease?

Dr. Sukuto: A ridge. This that we call leaving marks, the entire body, it is the response to outer stimuli that is creating little marks all over the body. The same individual's attitude cause crease lines here, mark lines here, sagging of the skin, so many things I cannot tell you. Now if we believe this, is it not logical to suppose that to keep a detached state to all that we do is the intelligent thing? That the more we become emotionally involved with this outer world the more the marks we make upon the physical structure and upon the soul seed or the cosmic mind. Every act you commit in this room, this remains in the ethers. There is a double of the act created and it is going in the ethers long time after you quit doing it. Every little word you utter is right here. That is what is called reflecting ethers. Let us consider this and then consider what is called the life after death. In the astral world you shall see all that you have done while in the physical body. To give yourself a guilt complex is to involve yourself in the flames of Hell.

-- How can we get rid of guilt complex?

Dr. Sukuto: By realizing that all you do is given to you to do to learn what life is.

IP: Too many believe man made laws are the cosmic laws.

Dr. Sukuto: They have nothing to do with it. If you abide by these laws you will automatically abide by the laws of man in your environment.

-- Yes, but laws of good and bad are only relative. What is bad there may not be bad in another country.

Dr. Sukuto: If you want to do a certain act that you know will bring difficulties in your environment, think "How badly do I want to do this". "I cannot go to another country where it is permitted to do this." For in other country the laws are different and you have a vast variety to choose from. But to break the law in your environment is foolish for it will bring you to grief. Especially if your neighbor knows about it because neighbors most likely to let you know that you are a sinner in order to cover up their own sin. No man is without making mistakes. All life is built on the making of mistakes. If it was otherwise - if all was in perfect harmonious balance the physical world could not be. This is the creation of man. Through experimentation - in trying to learn - he created the material world. Perhaps in realizing this man does not want to take the blame for this mistake, so he created a God and gave the blame to him. So it is with man in all his faults - the individual is never wrong - it is always the other "guy" - your English term. What is this "guy"?

-- It used to mean a horse-thief.

IP: The other evening Mark saw this emblem over this woman's head. Could you tell us what it is?

Dr. Sukuto: Lady once very religious?

-- Not in this lifetime.

Dr. Sukuto: This is symbol of secret order of long time ago in India belonging to secret cult. Will tell you more at another time in writing through the boy. Perhaps the story will restimulate knowledge of past life.

-- Good.

Dr. Sukuto: Perhaps not good.

-- All knowledge is good.

IP: Could we have an idea of the colors? Also I cannot see how an idea once put into the ethers does not germinate - reproduce itself - I would like to know.

Dr. Sukuto: Lady talking about mules?

IP: - You were here.

Dr. Sukuto: I am meaning writings of Professor Luntz. Genes and chromosomes - and those little chemical compounds are the ones that are supposed to give you your personality traits - characteristics - genes and chromosomes - twenty-four from each parent - these make and create cells and build a body - but they in themselves what are they? What is a cell? Actually it is made up of what is called chemicals, but what are chemicals in themselves? No more than electronic fields with positive and negative poles. Now if the genes and chromosomes in their mating perhaps are cross-bred or cross-mated creating what is called a hybrid - is this due to chemical condition? It is electronic. And if such mating

creates a negative field alone it is likely to create a hybrid. What is a hybrid? Generally a created form that is sterile and cannot reproduce itself. There is no mule idea in nature. All things are not natural ideas, some are artificial ideas created by the lay mind of man in his attempt to improve on nature. When nature produces a hybrid it know what it is doing and it may create this form in order to protect its species against attack.

IP: I do not see how three-dimensional matter takes the same form each time. The idea is in the ethers isn't it or it cannot take form?

Dr. Fukuto: This is artificially. It is everlasting there and will not change; though you may change the form the idea is still there and in the course of time it shall return to what it was until it materially changes itself.

IP: But when the donkey and mare are mated the idea of the mare appears. It does not come out in one form at one time and then in another.

Dr. Sukuto: Yes. Man may make a machine as long as he has an idea but the moment there is no further use for the idea it no longer exists. It is absorbed into the great mind until it is again needed - which may not be for thousands of years.

-- Some believe they are great and we have to attend them.

Dr. Sukuto: Yes. You have to find by your own effort. But do you seek something you do not need? No. Desire created out of need - desire - the driving force of need - but you cannot desire something you know nothing about.

ML: We still would like to know what causes cancer. When you were in Japan did you find any clue as to what it is?

Dr. Sukuto: Yes. And your more intelligent medical men today know what it is and where it originates. Like every disease of the body it originates in the mind. You can take your mental impressions and remove that disease. Again I say the nervous system receives an irritating stimulus - this irritating stimulus affects portions of the brain - records a picture of a condition - passes this picture on to the physical body. This is the glandular system - causing the glandular system to break down - starting as a rule in the lymphatic glands - breaking them down so they cannot take the toxins of the body and break them up so you get them into usable systems of the body - this way we are creating oxidation in the body so we can purify the blood stream. If the lymphatic system breaks down or becomes overburdened by toxins in the blood stream anything from cancer to tuberculosis to polio - all these things are due mostly to pollution of the blood stream destroying or so weakening the cells of the blood that carry nourishment to the tissues of the body they cannot perform their work - very often carrying dead matter to the cells and the cells suffer from malnutrition. This causes the good cells in their starving condition to turn cannibalistic to attack the other cells. The cancer idea is here in the great mind. It was created by man like all things - like the TB germ - it is a mental structure. This mental structure causing the glands to manufacture germs which are of no use and the good germs become detrimental to the body - mutate themselves into detrimental poisons in the body.

-- If a person had cancer - had good blood and good circulation and the pores were cleaned would that cure cancer?

Dr. Sukuto: It is a very old and trite saying - you are what you eat. On this I may have made the statement that individuals have died early even though they take care of the physical bcdy - they still received impressions in the psyche - in the mind. -These impressions one forms during the period of conception. Every idea has to be worked out in the material world. All of you should study about your body. What to do with it - how to handle it for better living.

-- Would you say the injection of a catalyst would be better than a corrective diet?

Dr. Sukuto: Any substance that can be effectively used in the blood stream so that it will produce greater state of oxidation thereby taking off the heavy load from the lymphatic system so that it becomes strong again will help the body to stay heal thy. In actuality diseases are allergies - the body having a lack of tolerance for certain chemical combinations.

(Change of Control):

Professor Luntz: My dear, are you a nurse?

-- Not exactly.

Prof. Luntz: Nursing is directly in line with being of service to your fellow man. When we apply our minds and hearts we cannot go wrong. Had Chiang Kai Chek had his heart and soul on the construction of China and Chinese, China would not have become Communistic. But he was self-centered and still is. He is of the landowners - China, through thousands of years of such lords, such men, has deteriorated into an impossible mess of poverty and pitiful want. Can one man live without affecting another? Do you want to fight for democracy or for love - for understanding. Democracy, as Communism, means brotherly love. You have no Communism in Russia, only a slight amount of Democracy in your country. England - in my country which is supposed to be a democratic nation - a nation for the people - is it? Have you been to England? Have you ever been to the slums of England? You cannot witness any greater state of poverty and degradation of the human being than you can witness in England. The only good thing Hitler's bombs did in England was to destroy a great portion of that poverty and disease-affected section of England. As long as there is one man in want, in the need of your love, your understanding, your aid, you shall have wars, strife, because his emotional appeal to the great Mind, his crying out to the great God will create wars. If this is true of one man, think what happens when the whole nation of millions of people as in China, in India, think as they do.

-end-



The Control was YADA DI SHI'ITE, and he was replying to W.M.L.

"Sir," said YADA, "with regard to the young man in Louisville, Kentucky -- as for his honesty, his sincerity -- it is there. He is doing what he is doing in good faith. He has a wonderful power, and if developed further it can bring him even world fame. He can produce the same results in the light, however, if he will slowly work up to it."

"Apports and materializations and independent voice -- he can produce all of these in the light. He has some very fine helpers with him, on this side, but he does not know how to seal off his aura, and if he is not trained or advised how to do this, in the course of a few years he will become a case of obsession."

"What advice can we give him in this?" asked J.F.L.

"Before he goes into a seance room it is advisable for him to first take a bath. The cleansing of water -- it is not so much for the body, but the aura, and for the vibrations that he has picked up during his daily moving around.

"Then he should stand and make sweeping passes around himself, this way. (Yada illustrates) and down, this way, circling out in space. And while doing this, he should picture in his mind a white light, sealing his aura, and should say to himself -- either aloud or in mind, "IN THE NAME OF THE GREAT WHITE LIGHT, I STAND IN A PROTECTED STATE. MY AURA IS SEALED. NONE BUT THE INTELLIGENT AND HELPFUL SHALL PASS.'

"After he comes out of his sittings, he should rest for 15 minutes -- complete relaxation, with the feet up -- and stay that way for 15 minutes. Then he should arise and wash his hands and face in cold water, striking around the face and to the back of the neck with cold water. This will stimulate his pituitary gland and also cause the blood to course more swiftly through the brain, thereby cleansing him, clearing out those particles that were left there by the entities that used him."

"Are you familiar with his guides?"

"No, not by name -- but I know that they are a kindly, well-disposed group. But this will not protect him unless he does his part too. We on this side can only do so much. If the habits of the medium are not of a proper kind, he will destroy all that we can do."

"I was wondering if you could get this message through to him by one of his own guides? Or could one of you "Inner Circle" members do it?"

"I do not know that it is understood," said YADA, "but I want to say to you that we cannot always contact others in the Great Mind. Your vibration must be such that I can pick it up. If it is not, then you will not exist in my world. Have you heard of multiple obsessions? We have spoken of this several times through this boy. In these cases two or three or more obsessing entities have possession of the same physical body at the same time, and yet none of them may be aware of the presence of the others, because they are not on the same vibrational level."

"Have you any other advice?" asked W.M.L.

"Yes, I would suggest that this boy do more reading, more studying - and his group also - along these lines and also general reading of a constructive kind. That will help to stem the waste of energy."

At a later meeting YADA came through again and said, "Sounds on the astral plane are quite often heard on the earth plane, and earth sounds on the astral plane, but often we do not hear them. You are like that too. Sounds are going on around you all the time, but not having your awareness on them, you do not hear them."

"Is there any way to differentiate between astral and earth sounds?" asked Meade Layne.

"No, but there is what is called 'silent sound' such as one who is clairaudient will hear."

"Is there any effect on the ear drum when a clairaudient hears it?"

"No, it is a sensation that is picked up by the pineal gland. Therefore it is often classified by your psychologists as being "head noises," and are usually associated with the old .....

"I see a good many new faces here tonight, and perhaps I should explain a little about who we are. Friends, we are a group of sixteen people who from this boy's 'Inner Circle.' Our mission -- if you wish to call it that -- is to serve by speaking through this boy and telling of life as we see it now. We are really very much the same as you -- the only difference is that you have a physical body and we have not.

"Friends, there is nothing frightening or unpleasant when you pass into the astral. It is a delightful thing to be freed from this heavy coat which we call the physical-chemical body. One feels as though he had had a very heavy load lifted from him. But you will not developed a certain degree of detachment from your anxieties and difficulties there; if you have not learned to understand something about yourself; for in understanding yourself, you will understand life.

"I hope, also, that you will not be looking for rest when you pass out of the physical body. All is action -- that is, consciousness. Without action, without motion, there is no consciousness. There are many sleepers on my plane, however, some because they have lived long

"on your plane -- at least, what you call long, though Man should live to be 250 years old in good condition. If you live right, if you eat properly, if you learn how to relax -- but mostly, if you learn how to think constructively, you will live long and in good health. For thinking constructively means you are not wasting your energy in useless motions. It is useless motions that break down the body."

"Such as worries, anxieties?" asked I.P.

"Yes, indeed. All of man's diseases come from mind action. I know some of you are thinking about germs, but germs are brought into being by certain actions of the mind on the chemicals of the body."

"Friends, you built your own body, you brought physical life to yourself, and you will bring death to yourself -- but there is really no such thing as death, of course, there is only change.... You will be walking around in space much as you do in dreams. Though, in reality, there is no such thing as space -- there is only consciousness."

"Do you believe that this table upon which I am placing my hands or the boy's hands which I am using -- do you believe that it is taking up space? No, for space is not compressible. But space is flowing through this like wind through a net. This exists in my mind, this table. It is made up of what? Light waves -- light waves constructed by thought. Due to what? Due to necessity, like everything else. It is out of the law of necessity that all things come."

"When the eye visualizes this table it is in very minute form, but how does it get to the brain cells? By electrical impulses running along the nerves. That excites the nerves or the brain cells. Now, the brain cells have within them drops of acid, and floating in that acid are small granules. Now, whenever one gets what is called an outer stimulus, an electrical impulse runs along the nerves, and when it reaches the brain cells and strikes the acid, it excites the granules in that acid, which, in turn, causes heat, or oxidation (which destroys the toxins), and in that instant you get a picture of what is called sight, or taste, or hearing."

"But, again, why did you see it? Because you needed to, in order to learn something. For that is all that Man is in this physical-chemical world to do -- to acquire knowledge. And it is by all these little impulses striking into the brain that he knows he is learning. (Then YADA asked Mr. Meade Layne, "What is it, sir?")"

"Is not consciousness always localized?"

"Yes," replied YADA, "it is almost the same as if you did this: you take an object, any inanimate object, such as this table (do you know, strangely enough, I am more aware of this table - supposedly inanimate - than of you in this room who have not yet spoken to me). But do this: first relax and then sit before you some inanimate object, first setting aside all other objects that may be in your immediate vicinity. Then if you really practice and can center your consciousness in this object, you will become as much aware of it as

"if you were that object" continued YADA. "If it is wood, you will have wood-consciousness; if of stone, stone consciousness, and so on.

"When you become of the Universal Mind, which means consciousness everywhere, do you think you will have to extend your brain all over the place? But no; you merely concentrate your mind on the sensation of universality, and you will become it, and yet you will retain your consciousness -- not as "Mr. So and So" or 'Miss So and So,' for you are not a name, you are not a body -- you are a mind."

"Will you tell us something about the Bible -- what it signifies?" asked L.W.

"Lady, there are about 65 holy books or bibles -- it is not within the mental state of any one individual to read any one of these holy books and say he understands all that it contains; for these books are written in allegories, in parables, in symbols. Some of the greatest mysteries of life are told in the form of fairy stories. Shakespeare, or Francis Bacon, wrote all the great mysteries that he knew of in what you call his plays and general writings. They are not just plays; they are stories told in order to be able to speak of the inner workings of Man to a few who were willing to listen and could understand codes. And that is the way with your Christian Bible and all the other holy books.

"Your master, the Christ, said (I will take a simple little thing) -- 'Knock and it shall be opened unto you; seek and you shall find' - 'Seek ye first the kingdom of heaven and all these things shall be added unto you.' What is 'heaven,' my dear lady?"

"It is within us," said L.W.

"Yes, it is and all the seeking you do must be done inside of yourself."

"When Jesus was supposedly on the cross and one of the thieves who was crucified with him cried out in his fear of death, the great Master said to him, 'I say unto you this day, thou shalt be with me in paradise.' Now, that sounds like a promise of immediate comfort to this poor thief if you should place the comma before the words 'this day' instead of after them. And that is what your priesthood have done. The great Master, the Christ, knew that unless he had acquired wisdom, the thief could not possibly be then in paradise. To open paradise to one who was not ready for it would be to open Hell to him. He could not stand it. This thing called illumination comes only after many, many years, many lives. There is no Paradise but that which you make."

"Is not this the whole teaching of the Bible -- work, learn, study?" asked G.H.

"Yes, exactly," said YADA. Your Christian Bible - I come back to that - says there shall be but one way, and even a wayfaring fool shall know it -- one way! And yet there are 900 different denominations! I don't understand it. But yet, indeed I do. I know that all these things, your wars and all the rest of it, are right because you must be enjoying them. You say, 'How can I enjoy all these terrible things?' Yes, you are, because you are a part of it."

"You speak of Negroes, of Chinese, of Russians, etc., " continued YADA, "and as long as you make these divisions, you will have all the evils that beset your Earth plane."

THE CONTROLS CHANGED and PROF. ALFRED LUNTZ is now in control.

"Hello!" said Prof. Luntz. "We are delighted that your friend was able to come through so well. The next time he comes, I want you to talk to him, keep him in conversation as much as possible, because your questions help him to focus; if you allow the conversation to drop, it causes forgetfulness and makes it difficult."

"Can you tell us something of the future of the British Empire-- your former country, and mine?" asked G.H.

"Sir, the future is anything but bright for it. Although an Englishman, I cannot help but state things as they are -- and that is simply the fact that when England was in her prime and her empire was spread out over half the world, she misused that power. The people were exploited in every country where she went."

"Was not much bloodshed prevented in India by England's presence there?"

"Yes -- up to the time of the most honored Mahatma Gandhi, that was so. But while England brought much necessary education and other benefits to India, she was more than repaid in other ways. Now the Maharajahs and ruling natives have and are exploiting the people of their own land in the most beastly fashion. You would not believe the cruelty, the beastly selfishness that goes on. But the conditions that exist and have existed in Great Britain and China, it was in the power of the over-lords there to alleviate and change; it was not done. There was one good thing that Hitler's bombs did. They cleared out the Limehouse district in London.

"China and India - overrun by the teeming millions which the land cannot support. My friends, you may have the same kind of condition here in your beautiful country if you do not teach the people about birth control; and also how to vote. Of course, I do not mean that you should tell them what party or person to vote for -- that is what Russia does. But England does not have democracy, Russia does not have democracy, certainly -- and you have a rather wishy-washy kind of democracy in your country. If you had real democracy you would not have the kind of conditions that exist in parts of the South and in your big cities. And there is no reason for it! In countries as rich as England and America, there is no reason for it.

"Yes, you have many fine, many honest officials in your country, but they are in great danger -- yes, of investigations, even of death. There are certain organizations in your country that are afraid of socialism; they do not want even socialized medicine, for that would destroy them - so they think. What they really fear is that it would take money out of their pockets and put it in yours.

"Fifty per cent of the chemicals used in drugs are utterly useless," said Prof. Luntz, "and many of them are extremely harmful. They are looking for cancer cures, do you think? But you know what a cancer cure would do to X-rays, radium, medicines, etc. As a matter of fact, there is a cure for cancer -- one at least 80% successful - Yes, I mean the Koch treatment - but it has never been accepted by the medical men.

"Friends, you can protect yourself from all this madness in the world by learning detachment, by withdrawing to the inner world, so that you will not be wrought up by what is happening. I could tell you who the ones are that are causing the world turmoil - but I must consider this boy through whom we speak. I cannot endanger him by speaking out too freely.

"Your world is in a mess because you are so indifferent! You do not need a change of government; a true democracy is the most beautiful concept for human relationships, for it means 'brotherly love.' Now I must go."

THE CONTROLS CHANGED ----Prof. Luntz is replaced by YADA.

"Sometimes it seems to me that the less we center our thoughts on the physical body, the better off we are," asked H.P.F.

"My dear, the physical body is a food body, is it not? The neophyte must learn to satisfy the body's needs without giving sway to too many of its desires. Nowhere in your Holy Book, nor in any holy book, does it say, 'Don't do this!' or 'Don't do that!' No -- it says, 'With consideration, think! With consideration, act! Be temperate and experience all forms of action.' We of the 'Inner Circle,' and others that are still living on the Earth who are teachers with some clear understanding of life, will tell you the same thing. You are not doing harm in satisfying the natural desires as long as you do not harm anybody.

"Friends, as my colleague Lao-Tsu often says, let us flow with life. You suffer from great hypertension, all because you have phobias, brought about by your beliefs that from your teachers who knew no more about life than those who listened. Fortunately, you are beginning to come out of it; you are beginning to see -- and so your phobias will be quieted; you will realize that you have done nothing wrong -- you only acted according to your desires. Can you do otherwise? The flower does not say, 'Now, let me see -- shall I grow suddenly? Shall I grow slowly? Shall I be ugly? Shall I be beautiful? Shall I have three petals, or four?' No. Long before you see the flower on your physical plane, its design has been made. And so has your own design for your body.

"Say to yourself: 'I am with the One; I am that One.' If you are the One, how can you be wrong? No! It is your duty, your right to act, and to teach, according to your understanding. Not to force, but to teach. You do not go seeking for others to teach; they come to you. You do not say, 'I am right in this' -- you say, 'This is

the way it seems to me. If it seems right to you, follow it.' You can tell it is a true teacher when he says to you, 'I know not The Truth; I know only an aspect of The Truth. Go and seek in all directions; do not accept my words as absolute truth.' Your Bible says, 'Seek ye first the kingdom of heaven, and all these things will be added unto you.' By this is meant, your own inner nature -- 'Our Father who art in heaven,' -- who art in mind. 'Thy kingdom come! -- Thy wisdom thy understanding, come! Let me see! Give me light!' These words have been taken at their face value down through the centuries --"

"What did Christ mean by 'Go ye into all the world and teach the gospel?' asked L.F.

"Go ye to the sleepers and awaken them, saying, 'Friend, awaken! You are a god! Let us open your eyes; 'for surely eyes have they and see not' -- they are sleepers. So, go ye into all the world and strive to awaken them."

Boy asked, "Is it like the wall with the light behind it, showing reflections on it, spoken of in Plato's Republic?"

"Yes, these people were only seeing their own reflections. Had they been permitted to turn around and see the reality, there would have been no reflections. They would have seen the fire itself, which is the only truth, the Self. Friends, you can only act. If you are acting in harmony with the rhythm of life, you are about the Father's business, and you cannot go wrong, you cannot fail!"

"The world you live in," said YADA DI SHI'ITE, "the environment, creates terrific tension in your physical body. The laws that are laid down for you to follow are not easy to follow, because they are not the laws of Nature; they are the laws of Man -- with no consideration for the activity of the mind, the free flow. And yet, you can overcome many of these conditions by what is called meditation."

"Can we overcome the drawbacks of foul air, filled with monoxide gas, and water that is filled with ash, etc.?" asked H.P.F.

"You can overcome these by knowing that you are air; you are that gas; you are that water. You separate these from good, but in truth you are one with all, and one of these chemical constituents can harm you if you know that. How can you do this? By knowing it as you know you can lift your arm, or rise from a sitting position. You do not say, 'I think I will get up now,' or 'I will lie down now.' No, you just do it; you do not question as whether you should do it -- you just do it. As we have said before -- you can eat anything, even those things considered poisonous, if you have the right mental attitude. Now, have you anything else to ask me?"

"What do you think of the idea of your giving us some biographical sketches of the 'Inner Circle' members to go with the pictures Mark makes of them?" asked L.P.

"We shall, of course, be happy to cooperate in any way," said YADA, "not that we care to have our histories published, or our faces, but because it may be helpful to those in your world who are just beginning to understand these ideas of life."

"And will you also give us some material for a little book on mantrams that Meade Layne has spoken about writing?" asked I.P.

"Surely we will do our best to help in getting out a nice little book on that subject. Now I will leave, so that someone else can come and speak." (Yada withdraws)

THE CONTROLS CHANGED -- YADA WAS REPLACED BY RAMON NATALLI.

"Good evening friends; I am honored to be with you again," said RAMON NATALLI.

"Natalli," said H.P.F., "did you hear me reading this newspaper article which announces that our 'cosmic ray' scientists at the different universities are coming to the conclusion that the cosmic rays originate in the sun -- just what you told us years ago?"

"Yes, but it is foolish ever to say 'I told you so.' The truth is what it is, and we must not bicker with others who may think differently. The thing that is true will eventually come through; truth needs no defense. A true scientist is a seeker after truth, and while it may take him much time and many experiments, time really makes very little difference. If a thing is, it is; how we think about it makes no difference -- it shall prove itself by its action.

"Friends, there have been many disturbances on the various bodies in what you call the sky in recent years. These disturbances, whatever their nature - are felt from one body to another, through the entire galaxy in which your world is but one very small dot, a grain of dust. If your Earth is a dot, think how very much less than a dot you are! And yet, while you are but a most minute and insignificant dot, without you all the rest of it could not exist. You are the One, the whole, the entire. What have you to say, young man?"

"I was wondering," said Boy, "if the music Gustav Holst wrote, called 'Planet Suite,' expresses that oneness. It is a very powerful piece of music. Some of the tones and undertones seem to express that oneness you have just spoken of."

"All planets are built by certain octaves -- certain sounds. The entire universe was created by tones. Your Christian Bible says, 'And the Lord said, "Let there be light," and there was light.' Tones! Harmonics created these tones, and the tones created the words. There is no inharmony in life except what the human mind believes in."

"~~Teach me~~ THE CONTROLS CHANGED -- Prof. Luntz in control. ~~see below~~"

"He was not actually tired, but he was feeling the reactions in the Boy's body. You cannot sit up all night and not have some results. And of course we who are trying to use his body just as he does, by directing lines of force to the brain, suffer from these results -- that is, we find it very difficult, sometimes almost impossible to come through when he is physically so much under par...."

(Question from one of the young men present as to the reason for their choice of Mark as their "doorway." Prof. Luntz tells of Mark's life in the early 14th century in what is now called Mindanao; how he failed to teach the laws of life which he well understood, but instead lived the life of luxury and pleasure of what might be called "the vested interests" of the day, acquiring much "bad karma;" and how the "Inner Circle," seeking a mouthpiece for their teachings, decided to aid him in working out in this life, through this unselfish service, the results of leaving undone in the former life, etc. Prof. Luntz reminds the listeners, "Friends, if you do those things that are not in harmony with the laws of life, you will have to pay for it -- through the wheel of rebirth, etc.

AT A LATER OCCASION, PROF. LUNTZ WAS IN CONTROL AGAIN.

"Would you mind answering a question that was left over; have you lived on other planets or known of other universes?" asked F.O.

"It is thought that there is a possibility of other planets being inhabited and of course they are. Without my saying so at all, let us consider their endless millions, and by the law of chance, do you think there would be only this one planet that has human life or anything of the sort? Neptune more than Mars -- but it is vastly different from that of the Earth. On Neptune there is profuse plant growth in the central part, but they are very heavy and rubbery, and the sap or liquids in them are heavy like molasses in January, and as my honorable colleague, Ramon Natalli has said, 'they stink to high heaven!'"

"But they are not obnoxious to the inhabitants?"

"Oh, no--there is no life there such as your human beings. The atmosphere is heavy with ammonia, that would be very detrimental to human beings."

"Would that be true of Mars too?"

"Yes, but Mars has a much better chance of getting forms with lungs, for the central part of Mars is very like Earth's atmosphere; some of the plant life there is green like yours."

"Do they have chlorophyll in them like our plants?" asked GIG.

"Yes, they do."

"Could one go to these other planets to get necessary experience?"

"Yes," said Prof. Luntz, "but it is not everyone who can do this. I shall simply say that it is not very likely that the ordinary layman who knows nothing but the life he has just left will be looking for something else."

"What do you think of the Mormon custom of some of the 'marrying for eternity?'" asked F.O.

"Yes, but eternity is such a long time! Say that two souls do meet on the earth plane who are very devoted and feel that they have been closely bound before. Maybe one has murdered the other in another life; maybe one is closely bound to the other not by love, but by passion - they are bound together by an equal intensity of vice, perhaps -- this law of balance, we are bound by it to the end of time.

"So, while the Mormon discipline has some beautiful aspects, in the mental growth of these two people, whatever is to happen to these two people will happen, whether the Mormons or the Catholics or the Protestants or anyone else wishes it. 'I am the Law' -- you understand? 'I am the Law!' Not Professor Alfred Luntz, for indeed I do not know who Professor Alfred Luntz is."

"When you leave here, are you conscious of a body?" asked GIG.

"Yes, let us call it a body. In any state of consciousness the dissolution of the physical body means one has to disappear with it too. You have heard of astral projection? If so, you will realize that the body is not by any means the last thing in your existence. In fact, it has nothing to do with the 'I' of you except that it is needed for your experiences in a three-dimensional consciousness. This body is a mind body in exactly the same way as the body you will have when you pass over. You will have a duplicate of the body you now have for a time; and then, as you develop a desire to exist under certain conditions, you can change that Earth body. You may live to be 88 years old and wrinkly up like a prune. You will pass over and take that body with you looking like an old prune, because that is the image you have taken with you. However, as you pass on, you can change your body to whatever age you want, 20 years old, if you wish."

AT ANOTHER MEETING, YADA DI SHI'ITE speaks on the function of the pineal gland in telepathy, etc.

"The gland becomes excited and vibrates. This vibration is an actual energy, but of a kind not registered by any of your instruments. The gland contains a kind of grit, along with acids; the vibration affects both, and the result is a 'sound in the head' that vibrates on the astral level. It is not a sending in the sense of motion.

"In the Nucleus of the Atom there are many parts. The electron also is not a singular unit. It gives off a unit of heat.

"The Mayans were Lemurians," said YADA. "These are not a race in themselves originating in MU; they came from another civilization in Atlantis - an earlier one. The name of YU (a Tibetan civilization) was YUGA, some 500,000 years ago. Yuga means 'vast body.' The population of YU was about 180,000,000 people. They were destroyed by great 'quakes and terrible wind storms. The whole sky was covered by sheets of flame. The survivors fled into (what is now) China and India. The Pekin Man and the Cro-Magnon Man came of this stock. Their bodies were very animal-like. The atmosphere became poisonous and there were great cracks in the earth from which poisonous vapors came forth.

"Then from Space or from the Ethers came certain great Teachers, who first appeared to men in dreams and gave instructions in better ways of living. They also gave instructions by means of simple glyphs, and these later on came to be regarded as religious writings or Holy Text. Later on as advance was made these beings appeared in the flesh to some people. They were the first members of the governing Hierarchy to reveal themselves to this race. The man

Jesus, later on, was a teacher of this kind. He and these others appeared in a perfectly natural way, that is, not through any alleged miracle of a virgin birth. The meaning of this expression has been completely misunderstood. These Teachers were divine beings, who were sent by the greater Hierarchy governing the planet. These beings are what you will be also in the course of your long search to find your Self. You are a creator -- you are the Light and the Way.

"Before the days of the decline of the Lemuria, there was no teaching concerning the existence of decils, nor were they known to man-kind. All teaching was of the search for the KA, the eternal Light.

"The YU language existed long before the Sanskrit. The reason your linguists find in it so many root forms of other languages, is that it was in a sense a great mother language from which other languages have largely been derived.

"The first inhabitants of your planet had dark or black skins. The first white skinned people did not appear until after the first Ice Age -- now your Sun produces, or appears to you to produce, more and more heat. It is, in fact, expanding and increasing in size.

"The essence of motion is light. This does not mean heat. Your Sun is producing light but not heat. Black light is not a product of molecular motion -- and it is molecular motion which you recognize as heat. But what you call phosphorescence is without heat, yet involves molecular motion."

AT ANOTHER MEETING, PROFESSOR LUNTZ SPEAKS ON The Astral Cord during Projection.

"In some projections," said Prof. Luntz, "the entire body rises slowly, in which case, the cord starts from the solarplexus. But sometimes it is attached to the back of the spine, and sometimes

"to the back of the head (medulla oblongata)" continued Prof. Luntz. "The cord does not really stretch -- it plays out like the webb of a spider. It is an energy flow of a physical kind and comes from the cells of the body. It is a solid, but hollow, and has a gaseous content, and this content is a material substance which is being fed into the psychic body. The greater the distance to which the projected body withdraws, the less is the amount of energy transmitted from the physical body and the deeper the cataleptic state."

THE YADA DI SHI'ITE had this to say at a later meeting:

"Any instrument or piece of apparatus is no better than the user of it. The question 'What is Important' depends on the ability of the seeker to use what has been given. Man is a being composed of surface matter - but what about the ting in itself? What are the atoms in themselves? In spite of recent scientific developments, the nucleus seems still to be thought of as a kind of homogeneous substance. In actuality the nucleus is highly complex."

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TRANSCRIPT OF THE MARK PROBE/T SEANCES - # 26.

Dr. N. M. Layne: That's all for the moment. The Control is taking over. We don't know who it is yet. We'll know presently. Mark is under control - no one has spoken yet --

Yada: (Speaks in Yuh language).

I.P.: The Yada says he is going to speak English now - he won't speak his Yuh language as he usually does -

Yada: It is honor to be back here again - to talk to you -

I.P.: It's wonderful to be back home, isn't it?

Yada: Yes. There seems to be something of extraordinary interest today and I am not going to do a great deal of talk myself - I would prefer to have you -

Dr. L.: Well, there are so many different angles - from fast developing world situations - I hardly know how to ask specific questions about it. You have heard us perhaps talking about material received from Dr. Kappa - some most extraordinary material of great importance and you are already familiar with the gist of it and anything you have to say on that subject will be of great value to us. I am laying on the table before you a kind of diagram or sketch given us by Dr. Kappa representing a kind of a scheme indicating a spacial relation of the etheric regions with our own plane of the surface of the globe. And also the related structures in the interior of the globe - according to his information and best belief. He expresses the greatest confidence in this material which he says is received by him from Etherians - etheric people who are his instructors - who are not ex-carnate humans - anything you care to say on this subject would certainly be very important to us.

Yada: Well, I think it would be best to start in this way -- Man in having his little world of matter built for him and then coming to live in it - had of course to lose his consciousness of his own divinity - in so doing it necessitated a vast period of time for him to finally work his way out of this condition and back again to his original higher state. Now I suppose from the material standpoint it was necessary that he come up the grade step by step. And so all he has gotten in the passing ages was necessary for him. It was the only thing he could be given so we cannot expect that man can be of a very great understanding while he is caught in the material dream. To speak of gods - these which have been referred to as the high etheric beings - overlords- masters if you wish - man cannot do this for he can have no comprehension whatsoever of such conditions - such kinds - such states of awareness - so he was given a God - what you call in a heaven -which was a place -this God had to have a nature like man's for it would be the only way man could comprehend him. Now in these times much greater knowledge confirming the higher realms will be coming to man - but not to the masses.

Dr. L.: Why is the tempo of events stepped up, so to speak?

Yada: Because war is a great challenge - taking place in matter world. There are conditions here which in a much shorter time than is now imagined will cause the

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matter world to raise its vibrations of a different frequency which in the begin-  
ning will take place in the form of what may be called violence - like great quakes  
and great storms - this is the loosening up - the exhilarating period -

Dr. L.: That is purely a natural process - part of the physical evolutionary pro-  
cess?

Yada: Yes.

Dr. L.: And man has had no personal hand in bringing that about?

Yada: No.

Dr. L.: There is no relation to our scientific developments?

Yada: No.

Dr. L.: It would have happened anyhow whatever the state of man might be?

Yada: But what the guardians of your solar system are concerned with is that man himself may survive. Survive so that he can complete his education into the higher realms - his evolution. So he must not be permitted to destroy himself or his planet. Now it may be - and this may seem very contradictory - it may be that man being of such nature - going - or has gone - so far off the path - that he will resort to the use of atomic and sound to destroy himself from the earth. But before he can complete this the guardians of the earth are going to come here and give to him a kind of forced education. By the only law that he knows - fear. They are going to pin him down with fear in order to steel his mind - to put something into it so that he can consciously realize his own divinity. That is to the degree where he can stop his violent nature. For a great period of time -

Dr. L.: It is not certain yet whether this step will be necessary?

Yada: No, it is not at all certain. This is the age - the age of mental - what is called - sometimes called spiritual advancement - it is starting as we said before in 1945 to be more precise in time. Man is not going to evolve further physically, but only mentally. This will mean his body will decrease in size. He will lose many organs that he now has as being not necessary for the coming conditions - for man is going to rise up in this planet - this globe of yours - and he is going to seek his homes in the sky - in other planetary bodies -

Dr. L.: You mean that quite literally and not as an astral spirit?

Yada: That is right.

Dr. L.: Not as an astral being?

Yada: No. No. I mean taking his physical structure with him - consciously like you are now carrying it around - but his whole major advancement will give him all the necessary tools to take him to these various places.

F.O.: You are speaking now of hundreds of years from now and not necessarily a year or ten or twenty -

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Yada: Oh, that is right. No, it is not in year, two years, ten years, or twenty years. But his time is shortened - will in the archives of the hierarchy of the guardians of the earth - it was at one time presumed that it was necessary to give man much, much more time than has now been settled for him - due to a comparative or relative few that have brought great mechanical knowledge to man on the earth. Now this mechanical growing is going to cease but it cannot cease until man's physical structure has attained a different stop - a different condition - a condition wherein his mind will have complete more or less control over his physical structure. But in the coming years his mechanical knowledge will increase greatly and he will make attempts to get to those bodies by mechanical means. He will get to some of them by mechanical means but others he shall never attain that way. Not with the understanding of what he calls distance - and his present knowledge of matter and the structure of matter - he will never attain the planets outside of his earth.

Dr. L.: He'll never attain the planets of his solar system?

Yada: That is right. He will never attain them mechanically as he knows mechanics today. He has to know now the nature of matter much more - how to automatically raise and lower the frequency of vibrations of the building blocks that go to make up his machine that takes him into space. Because in order to attain some of these planets he is going to have to travel at tremendous rates of speed. Now light is not the greatest motion that can be made. It is the greatest until man discovers something greater. It is like in past times he is saying that no one can travel as fast as sound. This is ridiculous. But now he has gone through this, oh?

Dr. L.: But your own illustration of treating the discs as emergents seems to have pretty much answered the problem of space time.

Yada: Exactly, Sir.

Dr. L.: It is not necessary for these people to cross space-time then as we understand it at all.

Yada: That is right. For indeed the space-time does not exist as your senses tell you - or as the instruments that you have in your present time try to tell you. Not at all. Space-time is not something to travel through. This is most difficult to put into comprehensive words.

Dr. L.: I think we can understand the point of view. We use the term emergence as you know.

Yada: Yes.

Dr. L.: We use it somewhat in science - and your illustration I think, has helped more than any single item which has made thinking possible along this line. Now suppose conditions become so bad - that is the physical conditions here on this planet - if man here cannot survive - and yet doesn't have the knowledge to escape by any device of his own - is that kind of situation likely to develop? Or is it possible?

Yada: Yes, it is very, very possible. In that event those guardians of your solar system will themselves come and take many from this planet to other planets in

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space. Where conditions are liveable - much more so than your present day scientists know about.

Dr. L.: We have been told by communications alleged to come from the Etherians themselves that there are between ten and twelve million Aeroforms in the vicinity of our planet at present. Have you any comment on that?

Yada: Yes - and they have been there - various numbers of them - down through the ages.

Dr. L.: But isn't there an exceptional congregation of these craft? During the last few years?

Yada: No. It is only now in those periods of time - that is in past few - they have begun to show themselves because your earth has reached a critical state. As we have said in past times the sun is not dying out - it is not going to become a dead star. It is small, very small, as it is - but it is going to expand - and conditions there are working in that direction. There will be a sudden drop of all the matter in the sun and then a let loose - and this very likely - if it goes as we see it now - would consume all of your planets in your solar system. But this is a great period of time from now.

F.O.: Would that be a dropping off or a reducing of the radiation from the sun and then all of a sudden expanding and then feeling a great deal more radiation? Or what is it you mean by dropping down and then expanding?

Yada: I mean all the matter in the sun. Instead of using the great volume of space that it is using now will suddenly not need that great volume of space and fall into the center of core - this will give the substance in there the opportunity to build up greater energy and then -

F.O.: Well, then the energy from the sun will be greatly reduced for a short period of time.

Yada: Yes.

F.O.: And the planets will feel that -

Yada: That is right.

F.O.: Will that change the living conditions on the planets?

Yada: Very much.

F.O.: Will it change life? In other words, will all life be extinct on some planets?

Yada: Not necessarily extinct but put into abeyance for a period of time.

F.O.: Just like freezing a bug - it will come out again -

Yada: That is right.

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Dr. L.: Going back for a moment to this matter of this alleged immense gathering of the Aeroforms -- Do I understand you to say that this is not unusual? And might have occurred and has occurred many times in the past?

Yada: That is right. Those things - those Aeroforms or guardians of your earth - have been in your atmosphere - outside - ten, twenty miles from the earth - great periods of time never showing themselves - and then showing themselves.

Dr. L.: Are they stationed there, so to speak - or is this a kind of crossroads of the universe - a matter of travel to and fro - back and forth -

Yada: This is just that. It is a plan whereby they can move more freely from one planet to another in the solar system.

Dr. L.: That's peculiar to this planet, is it?

Yada: Yes. More so than to any other planet in space because man now is getting ready to leave this planet to inhabit other planets.

F.O.: You say that a lot of people will leave this earth in body. Now what is the difference in leaving this earth in body and the leaving of this earth in an after death state, so to speak. I mean people on the other side, as we call them. Will they be leaving as well?

Yada: Those that leave in death must come back again. That is one reason your earth is not likely to be destroyed - for man cannot attain his original god state except from this earth.

Dr. L.: This tremendous gathering of the Aeroforms - those space people - then - is not indicative of anything in particular.

Yada: Oh, yes. Yes. Very much so. Due to this greater action in what is called the (illegible) of expanding universe - there are many changes taking place not only on your earth but in other planets in your solar system - and some of these planets are being prepared - those others - being prepared for the event of man beings on them. - Due to this change in the alignment of these various bodies - those changes bring about various conditions some of which will be the proper ones for man to live in.

F.O.: Just as an example, which planet is being changed to that degree? I mean that we are well acquainted with.

Yada: This Venus - Mars - very much. Now in actuality the space between bodies is not as great as is assumed by your astronomers. They do not yet understand the nature of space and time and light - and the motion of light - and so due to their lack of understanding they have tried to measure these things with instruments that are but toys. This does not mean that man is ignorant, that he is stupid or not good of the mind, it is simply in his place in understanding - that is all. -- I have been listening to some of this good doctor man's writings - Dr. Kappa - and I find that I am not only in full agreement with what he has written, but I am wholly for what he is thinking but is fearful to write.

Dr. L.: He has said that much himself, in effect. Well, if he has to use certain blinds as they call them in occult writings - and there are many things he does not

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yet dare say quite frankly and openly.

Yada: In past, speaking of these great space-beings, it is automatically agreed upon that man in his present state could not look upon one of these in their state and live. From a physical standpoint they are like a drawing sun - have you ever tried to look into the sun?

Dr. L.: Yes.

F.O.: Dr. Kappa had that experience of looking at a space-being, and it blinded him for almost a year.

Yada: My friends, you may in your American way of thinking express yourselves in this way - "So what?" - and very well. And it would be better that you leave it that way. Why is it that man tries to jump from kindergarten to university, oh? He cannot do this. All that is to come to man will come to him. - The changes are already there waiting for his preparedness and then he will meet them in due time - not before - and all the words of this Dr. Kappa will avail nothing. Now he is not trying to attain anything for himself - not at all - he is highly beyond that state of consciousness - but he is seeking to awaken the people as much as he possibly can - those he can contact - but even these - only a few will comprehend a little part of his thoughts - his spoken words.

Dr. L.: It is surely a very worthy ideal, isn't it? An unsolfish labor for humanity?

Yada: Indeed yes, and I am most honored to know that there are such beings on the earth for it is through them that the earth man grows - a little at a time - but were it not for them - man would - (tape cut here) ---- which would lead to brutism - not animalism but pure brutism - which eventually would reach such a state of retrogradation that man would go right back down into the lower states of evolution.

Dr. L.: We needn't hesitate then to put confidence in Dr. Kappa and in his otheric informants?

Yada: No. That is very right. None whatsoever.

F.O.: You did say that you didn't quite concur, though, with all he said. What were you referring to then? Any specific thing?

Yada: Do not quite understand what you say -

F.O.: You said that you didn't quite agree with all that he had said -

Yada: Oh, but I do - only I do not agree from my standpoint of understanding - but horo his words, his thoughts, are going to make very much impression.

Dr. L.: I think he realizes that too, but at the same time - as a humanitarian - and a humanist - it is impossible for him to sit by and do nothing.

Yada: Oh, indeed yes. Now, I want to say something more and I do not want it misunderstood what I am going to say. Such man like Dr. Kappa has reached a point of mental evolution that is slowly cutting him off from his fellow man. Now this may bring out a condition among the people wherein they believe he is mentally un -

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balanced and some of these may attempt to commit him - it is that serious. I do not want you to be alarmed should in time such a thing take place. It is the natural - and in the natural course of events in such one's life as his - man cannot toy with the higher realms and stay down with his fellow man - this brain structure becomes highly vibrating -

F.O.: Cannot be black and white at the same time.

Yada: That is right. He has, if you will notice, gone beyond now the point of fooling critical to his fellow man - the words he may utter may sound critical, but he in spirit has gone beyond that kind of interest in his fellow man to criticize them. My friends, look at the short, the comparatively short step up that this man has taken - has already put him beyond the pale of his fellow man. Think then what must be those that are much beyond him, eh? They are not to be comprehended by the lay mind.

Dr. L.: All teachers- all the Messiahs - all those interested in humanity have also tried to do what Dr. Kappa - - - it seems to be a necessary condition of the world -

Yada: There is always - out of a certain number of evolving souls - some that stay behind to help those coming up - they have renounced the chances for immediate freedom from the wheel of material hypnosis - to that extent these men are indeed walking in the light of love. They will lose nothing by it. They will gain greatly - only that their suffering will be more prolonged than otherwise.

Dr. L.: Would you care to make any comment on this - the cosmological scheme - or part of one that you have on the chart there before you? Can you see the chart?

Yada: Yes. I want to say - -

Dr. L.: You understand its principle? Without further explanation?

Yada: Yes. This man has put this down to the best of his ability to put down such thoughts on paper.

Dr. L.: They have come to him from his teachers - according to him -

Yada: That is right. But in the transference it will not always hold as is wanted-- but this which you call the physical world - is in other dimensions of time an inverted world - it appears to you, you are walking on the outside of it - but in the other dimensions of time in which those beings live and even into what is called the astral planes you will find that these conditions exist just as is here.

Dr. L.: I don't believe I understand. You mean this represents an astral perspective - an astral view of our globe and its surroundings?

Yada: This is but a symbol not of the astral but of the higher space from the matter world - the astral - and the outer and beyond into the greater realms of which these space people - what you call Etherians - have their existence.

F.O.: In other words, that is the dot as you say of the circle?

Yada: That is a mark - you have ball - you know this ball -

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F.O.: The ball within a ball within a ball?

Yada: That is right. This is representation of that - this is the forces of light-- now all is light - and all is born out of light - all manifests out of light. I use the term light in a relative sense - not as what you call light by what you see - but by frequencies - which creates different dimensions - now the bottom of the ocean - where there are demonstrated here some of these mountains, eh?

Dr. L.: Yes - the great sea trenches.

Yada: Yes.

Dr. L.: Greater depths up to five or six miles in depth. Such as represented there, for example.

Yada: Now, they are not to those beings covered under a watery substance that defines their ability to exist there - that is, water is but another frequency in your many frequencies of matter. So these mountains while they can become seemingly as mountains to the Etherians yet they are only rates of vibration - and it is under those conditions that these beings go down into the depths of your earth - into your water - or in solid matter.

Dr. L.: Would it be correct to say that an Etherian penetrating the depths of the sea - the sea trenches - would be ascending a mountain from the Etheric point of view?

Yada: That is right.

Dr. L.: That is what the chart is largely designed to show. Of course, Dr. Kappa agrees, understands, that the others are omnipresent but the etheric regions we are more or less dealing with seem to surround the earth and its immediate vicinity, and the center represents an undifferentiated functioning of what we call the planetary Logos. Would you go so far?

Yada: As what? Completely?

Dr. L.: Human consciousness of our physical world would be represented here - by this outside purple circle - then the yellow bands around it would represent the etheric regions and the consciousness - the unfolding consciousness of the adept, which as I understand it, would tend to change in type as he passed a point, which might be represented here, and which would correspond to the Abyss Parokoth , where a change of consciousness is necessary, according to the cabalistic way of thinking. Is that approximately right?

Yada: Yes, that is very right. Then when one crosses this abyss there is never any return.

Dr. L.: There is no returning -- so the cabalistic saying goes -- "He who touches the white light of Kether comes not again."

Yada: This is right.

Dr. L.: So I take it now that this rough sketch applies to all the celestial bodies and that celestial bodies are produced by the functioning of planetary logos- which so to speak, operates from the center.

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Yada: That is right - and that is something that cannot be spoken of, so far as I know, in any other terminology but what is called a harmonic.

Dr. L.: Yes.

Yada: This is not very understandable, I am afraid, to the people. I do not think they would comprehend this. A few, yes, but very few. For all the matter world was brought out of the light - by given harmonics - when you try to speak of sound - what is called sound - or what is called molecular frequencies - these frequencies your scientists speak of - your sound - only from what they call a material standpoint. Well, to say they are wrong would be to say material is the wrong word to use - it is a word made up for convenience - for in the truth of things there is no such thing in itself as material - there are but few frequencies of light and that is all. These frequencies of light create different forms or things in form.

Dr. L.: May I read you two or three lines from this letter of Dr. Kappa's?

Yada: Yes, please do.

Dr. L.: "The etheric planes do penetrate the center row marked "E" - for all practical and effective action they must be regarded as terminating at the point I have initialed "F" which is the greatest depth of the sea trenches. The condition in this state - in this case being stated as simply as I can - circle E, D, and part of C, constitute the area of the universal mind or that type of planetary logos which is undifferentiated."

Yada: Now let me say something too, oh? Very often you have in your world heard of sea monsters - as well as monsters from the sky, eh?

F.O.: Including the snow-man -

Yada: We will not speak of the snow-man right now, but I will say that the snow-man is a material form and originated through the natural law; he is not a supernatural being. But these things very often are manifested out of the low etheric worlds automatically they become like the sources themselves. Emergence into your time - these are created by these great teachers in effort to see what their reactions would be in the present conditions of the earth.

F.O.: Intended - ? (tape not clear -)

Yada: That is right, they are experimental forms.

Dr. L.: Whose actions are they observing - those that are created for them or people that run across them?

Yada: They are only interested in the reactions of the people who find them - they are only interested in the conditions and the actions of this form that they project in your time. Some of those to be classified as memories - memory pictures of the past times of the earth - then they are automatically withdrawn - the energy going to make them destroyed. Man - not man on the physical plane but the creative beings, are eternally at work in experimental ways - projecting into your time period all different forms. Now let us take it like this perhaps, oh, the individual man will go along for number of years and never have what is called hallucinations and then all of a sudden he will, and these hallucinations will either take place

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in the dream world or will become a projection in the outer world - but where do they come from - they come from this which is called the unconscious self - which is man's true state of being - this unconscious self is the container of all that man may call memory of his experiences. Going back into the most darkened times - beings of the earth both before this earth was created and after - in the one individual is contained all this knowledge but it cannot be classified as knowledge - not really -

Dr. L.: You say all this knowledge is contained in one individual - by reason of his existing in a larger life of some kind - corresponding to what we call a memory of nature perhaps - or consciousness - if it is consciousness -

Yada: Yes. Now I think of, when I speak this word, I think of the so-called unconscious self as the eternal one or the all-consciousness - centered seemingly - seemingly - in the individual - but in truth there is no such individual - it only appears this way.

F.O.: Then in other words for a person to become - in other words a person has to become aware of that knowledge - and living in a physical world or operating the five senses.

Yada: That is the beginning state. It is containing man in the material world from the memory of what you call ---?--- so is it only in world - that man suffers all manner of what is sometimes called mental aberration - because he is a mental aberration - a mental aberration of the cosmic mind -

Dr. L.: About the best definition I've heard so far. I'd like to ask --- about printing this material. I've been intending to publicize what has come to me from Dr. Kappa - rather extensively. I don't want to do it unless it has the approval of our friends of your group - of yourself - and those on the other side. Of course you understand it would not be done in any sort of dogmatic way - and with reference to yourselves also - do you see any objection to it?

Yada: Yes and no. The answers must be rather a paradox - because there are many individuals who are receiving your work, sir, who are not at all conscious enough to handle these things. They try to take them into their own little world of understanding, then they become unbalanced. It is most strange perhaps, but true that there is no fiction - all is factual - but man makes fiction in order to escape the responsibility of trying to reason things out. Now if he cannot reason them out and he cannot as he has tried to do turn them into fiction - you can see the results on the consciousness, eh? He will by demand of the inner self start to produce them in what he thinks is reality - which will only be reality to him and not to his neighbor - which will lead his neighbor to putting him away - it is on those grounds that I am a little bit not desirous that you put this too extensively out to the people.

Dr. L.: One point to consider is - this is a complete inversion of all the various schemes and graphs and tabulations which occultism has so far offered us. It will arouse considerable opposition undoubtedly - but also -

Yada: It is foregone - that they have the power to oppose shows that they have the power not to take it unto themselves too closely - but to the lay mind - many of whom I am certain are receiving your writings - they are not prepared - and I am certain of the results. Let me take you to small things like this which is called

the "I Am" discourse. You remember this, eh? Instead of waking those that came in contact with it, it drove them further to sleep - and into many states of unbalance--many because they tried to make it work for them and their physical selves were not prepared - they were given no work of preparation previous to the knowledge. This is like saying to little child with no previous teachings - "Here is stick of dynamite - play with it."

F.O.: Almost as potent, too.

Yada: Yes. Now on the other hand I do not want to act as a brake on whatever you desire to do. It is not my place. But I simply make suggestions, you understand, and then you must act - according to your knowledge - your feeling about the matter - that is all.

Dr. L.: We think most of our people are not indoctrinated and are really anxious to learn. Do you think that this is true? Do you think this would be a proper thing, a helpful thing to do?

Yada: But there is another side to it. If they do not know how to open the pocket-book it will not hurt them. If they do not have the combination they can read all of this they desire and it will not affect them. You see? I can take two sides. But I am swayed mostly to the other side - that those who have been in the world - in the work - with philosophies of the more higher kind - to these you may send freely - though it will stun them - though it will shock them - demoralize them - it will be good for them. For that is what they have needed for so long. They have been caught up in their own little petty opinions - gathered from what - gathered from alleged teachers. Well, I am not believing in these teachers, alleged or otherwise, I am simply saying that the followers took no pains to find out whether or not these things are true. They have read them, they have listened to talks of them, but when we come to speak to the people one of the first things we have always said to those we have come before for the first time - "do not believe us - do not sit there and accept it - learn yourselves - seek to know for yourselves - make test as much as you possibly can - examine from every side - listen everywhere - and then think about it." You see we must remember we are dealing with individuals and not with man collectively. I cannot say very much about man collectively - indeed I can say very little about him individually - but it is the individual who must read these things, oh? And judge for himself.

I.P.: Did you read this report on what Dr. Kappa has to say?

Yada: Yes. And if he is not of the proper emotional nature - if he does not know how to properly balance himself emotionally - he is going to have trouble. Perhaps it is foolish of me to make such objections, huh? But I do not think so. There are so many that are desirous of escaping from this world of yours without any work. They are what is called wishful thinkers. Sometimes also day dreamers. Man's nature in these present times more than ever before is to escape from the insanity of his physical world.

Dr. L.: To escape responsibility -

Yada: That is right. Escape the insanities of his own creation. No you give him this - - - . To some it will offer a type of escape. Especially should they know the personality called Dr. Kappa and have great regard and love for him. For the majority of people are personality worshippers and they will try to what you call 'emulate' him. No?

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Dr. L.: Imitate?

Yada: No.

Dr. L.: Emulate him?

Yada: Yes. This may lead him to desert --- but let me say this man Dr. Kappa had a very difficult time, oh? in his experience, in his growing, in his struggling upwards to the greater awakening state.

Dr. L.: He is now able to discard three or four decades of occult learning because of what he has received here.

Yada: And look at the impact it made on his physical structure alone, oh?

Dr. L.: That would be a very exceptional case. -

Yada: It would be more so this way with the ordinary individual. Because he would assume that he is a discerning mind - a student of life and a conscious student - he is not wishful thinking for anything - he has long passed this state. He was willing to throw over, set aside, all of his own former opinions - no matter how true he might have come to believe them to be. Had he not been prepared to do this, were he not that kind of mind, can you not see what those teachings would have done to him? It would have torn him apart much worse than what he has gone through.

Dr. L.: Now there you had a conflict between decades of study and indoctrination - and a kind of a revelation of otheric teachers, but of course if you take the average person who simply wants to learn about certain things but who is not indoctrinated, then the choice between - he is going to get instruction somewhere - something of a systematic kind - is there no choice between systems - approaches - or are they all equally bad?

Yada: Hmmm - If there is a choice, the choice lies only in the individual - and his ability to comprehend.

Dr. L.: As an informational matter - your teachings - said to come from the otheric side -

Yada: Yes.

Dr. L.: That they are as represented - that they are here for your information - what about that kind of approach?

Yada: Is all right. Though I still say it is all right if you want to send those out to another. But it will be for you to reap results. You want to find out? I will assure you that it will not be long after you have sent those out that you will get many most peculiar, to say the least, letters.

Dr. L.: Yes, I think that's true. If that is sufficient reason for withholding it - but if there is truth at the bottom of it - and it is a truth that is not in harmony with accepted systems of occultism, it seems to me that it should be offered to everyone who is capable of making any use of it. Well, we can't select individuals very well, but we can select some who seem probably receptive -

Yada: No. So - you have only one choice - to cut the tree down and let the chips fall where they may -

Dr. L.: That's right -

Yada: Yes. That is right.

Dr. L.: "Now is the axe laid at the root of the tree." This lays an axe to the root of many trees in a jungle of occult thinking - man's thinking - and traditional systems.

Yada: Yes. And not only will he be through letters to you bitterly denounced - bitterly attacked as a madman - with everything that is imaginable - that is low - but so will you, and if you have shoulders to stand this, and I think you have stood it for quite a few years already, so you are practically calloused to it. I hope. -

Dr. L.: Yes, but on the whole we've had very little of that. People have been very receptive, even those who don't agree.

I.P.: Most of Dr. Layne's . . . .

Yada: One moment please - (speaks in foreign language) - - Now - -

I.P.: I was just going to say that the majority of the people that Dr. Layne would send this material out to are those who are acquainted with his work - as of course you know - and only receive it because they are subscribers to the Round Robin and his publications. So they are already, I think, more or less conditioned for a lot of material by the usual mind of the times. It isn't published and given out on newsstands like a lot of written material, you know, for just the lay mind to be able to buy, so - -

Yada: But this work is going to knock a great many crutches out from under individuals -

F.O.: This is very potent, Irene.

I.P.: I know.

Yada: They do not like to fall on their faces. But then again -

F.O.: That's good for them, too.

I.P.: Yes.

Yada: So I would like very much to leave the matter of whether you do or don't in your hands. You are a man of much study in this work - this sphere - you have many years of knowledge of what is called reactions of the people to your writing, so I think you are a better authority as to whether you should or should not do that.

Dr. L.: Well, thank you. I wanted to bring the matter up because it seemed to me of importance. And I should certainly hesitate to publish this or anything else which you and our friends on the other side decidedly disapproved of. So thank you very much.

Yada: Yes.

I.P.: May I ask you, Yada, I have been asleep during this discussion and I would like very much for you to tell me if this material that Dr. Layne is inquiring about is material that you members of the Inner Circle have given him, or is it something

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that he wants to take out of this little pamphlet that he has on Dr. Kappa?

Yada: It has all to do with Dr. Kappa.

I.P.: I see.

Dr. L.: There is a considerable mass of material.

Yada: Yes.

Dr. L.: And for the first time as far as I know in the history of occultism we have a cosmological scheme dictated by etheric entities.

Yada: I want to say something which - I do not know but you find this --

I.P.: Yes?

Yada: In the deeper teachings of masonry, some of the most mystical side of it - a great deal of this is known.

F.O.: There are a few of us know.

Yada: Yes - but a very, very small number - these things have not been held back because they were not known, but because man was not prepared to receive them. Many in your Order, I am afraid to say, are as ignorant about life as the Hottentot in the jungles - this is not simply, as you know, sir, with any will to be offensive.

F.O.: I heartily agree - they didn't go in for the purpose of learning --

Yada: No --

F.O.: Therefore, they couldn't be otherwise -

Yada: We get out of life only what we seek to know, to get, and that is all we shall ever get. Dr. Leyne may be aid to Dr. Kappa? Reduce these writings to more condensed form - very concise wording - it will reach no one that is not prepared to understand.

Dr. L.: That is true. A mind never reacts to the impact of an idea unless it is preconditioned, so if we make no effort - the preconditioning itself becomes impossible if no effort is made to spread ideas.

Yada: It is like we ourselves in the past - but man, the masses, need never have been treated like children - taught those ridiculous things - it was not necessary - they could have been taught truths from the beginning but they were not taught truths from the beginning, so that which they were taught drove them deeper and deeper into darkness. And now the masses say they are not ready - they are not prepared. We cannot teach them anything very much, naturally, because they put them to sleep in the beginning.

F.O.: Why did they do that?

Yada: For their own purposes of power and control - black magic - I could say much about black magic - and bring it up so that you would see that the white magician could never have become the white magician in full form, in full understanding

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without knowing the black side. But when you speak these words to the ordinary mind it cannot conceive of things like this - they accuse you then of being a black magician. Black is black and white is white. 'If you fool with black you are black man and I will not come near you for I am fearful of black magic.' They do not know the meaning of these words. They do not know the underlying forces of life whatsoever. They are playing on the surface. -- I am going to go for a little while please, oh?

I.P.: Yes, Yada. You know that Mark has an appointment at 3:30. That's one-half hour from now and he can talk for about twenty minutes longer providing he can ride downtown with Mr. O., which he can do, so I thought I'd tell you it would be just a short while.

- - - - -

(Question about a child with an eye affliction) --

Yada: Perhaps this child will not like what I am going to say. But I do not speak because people like or dislike what I say. This child has brought over with her from former life very unpleasant experience in what is called the unconscious self. Now the way we mark our bodies through the unconscious self is by working on substances your scientists today call genes and chromosomes or the cell builders - you understand this, eh?

Dr. L.: Yes.

Yada: Those are very sensitive substances. They are recorders - and in every cell they create they leave the markings of the unconscious mind - the unconscious self - causing either a weakness toward a disease or the disease outright from birth. From my point of view in examining this girl I see little chance of this eye becoming normal - little chance - unless when she gets to a more understanding age, an age when she can reason a little from cause to effect - she go under the treatment of a psychiatrist -

Dr. L.: A psychiatrist -

Yada: Yes. One who knows analytical work - one who knows the laws of that which you call psychosomatic disease -

F.O.: Would our friend be a good one to recommend? (Dr. R.)

Yada: But the child needs several years yet before such can be done. While this condition of the eye is definitely caused by weaknesses imparted there by the genes and chromosomes also -

Dr. L.: By that you mean it's in the nature of a carry-over --

Yada: That is right.

F.O.: Not karma, now, you don't mean.

Yada: Not necessarily at all - no - but from an experience which we may not classify as karma - we are too ready to classify things as good or evil - when they are

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simply but action - actions run into what is called experiences. -- The father - the original father - you know what I mean, sir, eh?

Dr. L.: I think so.

Yada: I do not mean the father which she has now - but if I have it right he is not the father -

Dr. L.: She is an artificially inseminated child -

Yada: That is what I was thinking - and the substance did not come from him, oh? Do you know that?

Dr. L.: From the present father, you mean?

Yada: Yes.

Dr. L.: Yes. He told me she was artificially inseminated -

Yada: Yes. So these matters are coming from another man and this other man suffered many distresses emotionally in his life - which is also help to weaken these little cell builders.

Dr. L.: There is very little to be recommended then except to wait and let them guide the child when she gets older.

Yada: That is right. Now I am going to say - but providing you do now by some means or other - for everything and anything is possible - correct this condition in a short period time. If you do this the underlying force that created the condition will create another condition, and another, and another until that has been conquered - that which lies dormant, hidden, buried in what you today call the unconscious self - - One of you ladies want to say something to me?

Q. - - Could there be some help for this child in a spiritual way?

F.O.: Prayers always help -

Yada: No. It depends upon whether this one must learn something first. All the prayers will do no good in trying to clear up a condition if that individual has not learned something by the experience. It is because of this, that that one, if the condition is cleared up, will create more conditions.

Dr. L.: A hypnotic suggestion wouldn't apply - couldn't be used with a child that age?

Yada: Yes, if you had one who knew what he was doing - and the condition created by hypnosis would last for a period of time, but all would wear off.

F.O.: The condition itself as you call it, must be healed then.

Yada: That is right. The cause must be gotten at. (Now Yada speaks in foreign language) - - I would like to stay longer, but I must go - -

- - - We are very grateful to you.

Yada: There are many other things I would like to talk with you about, sir, but I have to postpone for a time. But we shall meet again - -